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The Regiment of Lyfe:

Whereunto is added a Treatiſe of the Peſtilence, with the booke of *chyldren*:

Newly corrected and enlarged, by Thomas Phayre.

¶ Imprinted at London by William How, for Abraham Veale.

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MVSEVM
BRITAN
NICVM

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The Preface to the booke of children.



Although (as I doubt not) euery good man wil interpret this worke to none other ende, but to bee for the comfort of them that are diseased, and will esteeme no lesse of me, by whom they profite, than they will bee glad to receiue the benefites. Yet forasmutch as it is impossible to auoyde the teeth of malicious enuy. I thought it not vnnecessary to preuent the furies of some, whiche are euer gnawinge and byting vpon them that further any godly sciences. To those I protest, that in all my studies I neuer intended or yet doe entende to satisfie the mindes of any sutch pickefautes (which will doe nothing but detract and iudge other, snuffing at all that offendeth the noses of their momishe affections, howsoeuer laudable it bee otherwayes:) But my purpose is here to do them good that haue most need, that is to say, children: and to shewe the remedies that God hath created for the vse of man, to distribute in english to them that are vnlearned, part of the treasure that is in other languages, to prouoke them that are of better learninge, to vtter their knowledge in sutch like attemptes: finally to declare that to the vse of many, which not ought to be secret for lucre of a few: and to communicate the fruite of my labours, to them that will gentilly and thankfully receiue them, which if any bee so proud or supercilious, that they immediatly will despise,

I shall freindly desire them, with the woordes of Horace: Quod simeliora nouisti, Candidus imparti, si non, his vtere mecum. If they knowe better, let vs haue part: if they doe not, why repine they at mee? Why condemne they the thinge that they can not amende? Or if they can, why dissimule they their cunning? How long would they haue the people ignorant? Why grutche they physicke to come forth in English? Would they haue no man to knowe but onely they? Or what make they them selues? Marchauntes of our liues and deathes, that wee should bie our health only of them, and at their prices, no good physicion is of ye minde. For if Galen the prince of this art being a Grecian wrote in the Greeke: king Auicine of Arabia in the speeche of ye Arabians: If Plinius, Celsus, Serenus, & other of the Latines wrote to ye people in the latin tounge: Marsilius Ficinus (who all men assent to be singulerly learned) disdained not to write in the language of Italy: generally if the intent of al that euer set forth any noble study, haue ben to be read, of as many as would. What reason is it, that we shuld huther muther here among a few, ye thing that was made to be common vnto all? Christ saith: No man lighteth a candell to couer it with a bushel but setteth it to serue euery mans neede: And they go about, not only to couer it when it is lighted, but to quenche it afore it be kyndled (if they might by malice) which as it is a detestable thing in any godly science: so mee thynketh in this so necessary an art, it is exceedynge damnable and diuelysh, to debarre the fruition of so inestimable benefites, which our heauenly father hath prepared for our comfo

and innumerable vses, wherwith he hath armed our impotent nature, agaynst the assaultes of so many sicknesses: wherby his infinite mercy and aboundãt goodnesse is in nothyng els more apparantly confessed, by the which benefites, as it were with moste sensible arguments, spoken out of heauen, he constrayneth vs to thinke vpon our owne weakenesse, and to knowledge, that in all flesshe is nothinge but misery, sicknes, sorowes, sinne, affliction, and death, no not so mutch strength as by our owne power, to relieue one member of our bodyes diseased. As for the knowledge of medicines, comfort of herbes, mayntenaunce of health, prosperitye and life, they be hys benyfites, and proceede of him, to the ende that wee should in common helpe one an other, and so lyue together in his lawes and commaundementes: in the which doynge wee shall declare our selues to haue worthyly employed them, and as fruytfull seruauntes, bee lyberally rewarded. Otherwyse, vndoubtedly the talent which wee haue hydden shalbee dygged vp, and distrybuted to them that shalbe more dilygent: a terrible confusion afore so hye a iustice, and at sutch a court, where no wager of law shall bee taken, no proctour lymyted to defende the cause, none exceptyon allowed to reprooue the wytnes, no councell admitted to qualyfie the gloses, the very bare text shall bee there alleaged. Cur non posuisti talentum in fenus? Why hast thou not bestowed my talent to the vauntage. These and sutch other examples haue enforced mee beeynge oftentymes exercised in the study of physike, to deryue out of the purest fountaynes of the same faculty, sutch holsome remedyes, as are most approued, to the consolation

of them that are afflicted, as farre as God hath giuen mee vnderstanding to perceyue, folowyng therin not onely the famous and excellent authours of antiquity, but also the men of high learning now of our dayes, as Manardus, Fuchsius, Ruelius, Musa Campegmus, Sebastian, of Austrike, Otho Brunfellius, Leonelus. &c. with diuers other for myne opportunity, not mittyng also that good and sure experymentes that are found profitable by the dayly practise. And where as in the Regiment of life, which I translated out of the French tounge, it hath appeared to some, more curyous than needeth, by reason of the straunge ingredyence, wherof it often treateth: Yee shall know that I haue in many places amplyfied thesame, with sutch common thinges as may bee easily gotten, to satysfie the mindes, of them that were offended: or els considering that there is no mony so precious as health, I would thinke no spice to dere, for mayntenance therof. Notwithstandyng I hope to see the tyme, when the nature of simples (which haue beene hytherto incredybly corrupted) shall bee reade in Englishe, as in other languages: that is to say, the perfect declaracion of the qualytyes of herbes, seedes, rootes, trees, and of all commodityes that are here amongst vs, shal bee earnestly and truely declared, in our owne natiue speeche, by the grace of god. To the which I trust all learned men (hauyng a zeale to the common wealth) wyl apply theyr diligent industries: surely for my parte, I shal neuer ceasse, duryng my breath, to bestow my labour to the furtherance of it, (tyll it come to passe) euen to the vttermost of my simple power. Thus fare ye well gentill readers.

Here beginneth the Regement of Lyfe, and first of the nature of mans body.

¶ The humours which bee in nature and how they are deuided.

THe body of man is compacte of foure humours, that is to say, blud, Fleume, Choler, and Melancholy, which humours are called the sonnes of the Elementes, because they bee complexioned like the foure Elements. For like as the ayze is hot and moist: so is the bloud hot & moist. And as fire is hot and dry: so is cholere hot and dry. And as water is colde and moyst: so is fleume colde and moyst. And as the earth is colde and dry: so melancoly is colde and dry. Wherby it appeareth, that ther bee nine complexions. Whereof .iiy. be simple, that is to wit, hot, colde, moyst, and dry, and .iiy. complexions compound: that is, hotte and moyst, which is the complexion of the

ayre and of blond. Hot and dry, which is the complexion of the fier, and of choler. Colde and moyst, which is the complexion of the water, and of fleume: and cold and dry, that is the complexion of earth and of melancholy. The ninth complexion is temperate, neyther to hot nor to colde, nor to moiste nor to drye, which is yet a thing very seldome seene amonge men after the phisicions: the sayd foure humours gouerne and rule euery one in his place, and enduce men to bee of the complexions followyng.

¶ The complexions of the Fleumatyke.

FLeume, enclineth a man to bée well fourmed, A sleaper, Dull of vnderstanding, Full of spattell, Full of colour.

¶ The complexions of the Sanguine.

BLould causeth one to bée full of flesshe, Liberall, Amiable, Curteis, merry, Inuentiue, Bolde, Lecherous. Of red colour.

¶ The complexions of the Cholerike,

Choler

CHoler causeth a man to bée Hasty, Enuious, Couetous, Subtill, Cruel, A watcher, Prodigall, Leane, & of yelow colour.

¶ The complexions of the Melancholike.

MElancholy maketh one solitarie, soft spirited, fearfull, heauy, curious, enuious, couetous, blacke of colour.

These bée the foure humours wherof the bodyes are compounded, and euery one of them hath a speciall dominion in respecte of all the other, accordinge to the age, that is to say, from a mans natiuity, till hee come to. xxb. yeares, the bloud hath most power, and from that time to the yere of his age .xxxb. reygneth the choler, for then commeth heate into the vaynes, and the choler beginneth to arise and bée strong. Then commeth middell age, and bringeth forth melancholy, an humour colde and drye, and hath his indurance till fifty yeeres, or therabout: at which time all the humours begin to diminish, and the naturall heat by litle and litle doth abate. And then succedeth old age vnto death, in the which age

Phlegme

Phlegme hath the principal power and dominion. Wherfore it shalbe necessary for all that bee of that age to comforte their bodyes with some naturall heate, and meates of good nourishing, as yolks of egges potched, good and younge flesshe, Wheate bread, and good Wine, and all such things as ingender a good bloud and spirits, wherof wee intend (by the sufferance of god) to declare the more aboundantly herafter.

¶ Here followeth the discription of inward and outward diseases, with the most holsome and expert remedyes for the cure thereof appropriate to euery member throughout the body.

¶ The first Chapter, of the sickneſſe and remedyes of the hed.

HEd ache chaunceth often times of diuers and sundry causes, as of bloud cholere, fleum, or melancholy, or of ventositie, and sometimes of heat of the sun, or of to great colde of the aire.

Yée may knowe hed ache when it cometh of bloud, for in the face and eyes there appeareth a darke rednes, prickinge, and heauines with heat.

Remedy.

Yée must let him bloud on the hed veyne, on that side that the paine is on, then lay vpon the place oyle of Roses, Vineger, and rose water, or a bag with Roses, sprinkled with rose water. And here is to bée noted, aswell in this cause as all other, that if his belly bée hard and bound, first yee must giue him an easy glister, or els half an ounce of cassia newly drawne out of the cane, or some other easy laxatiue to prouoke the duety of the wombe, els all applications of medecynes, will bee nothinge woorth at all.

One may know hed ache that procéedeth of choler, when in the face there is a cleare rednes, inclining somewhat toward yellow, holownes of the eyes, and the mouth dry and hot: and some times bitternesse, small rest, great heate with sharpe paine, cheifly on the right side of the head.

Remedy.

Yée

Yée must giue him mozne and euen to dzinke, sirrup of violets, oz Pomegranades with a meane dzaught of Endiue water in a glasse, oz of Cummin water sodded and coled againe. And in stead of these sirrups yée may dzink water of endiue, succozy, purslane, & nenuphar mingled together, oz one of them by themself, two oz thzée dayes at euening and mozning. Then giue a dzamme of Pillule fine quibus, at night to bedward, oz about midnight, and the day followinge kæpe you in your chaumber. In steed of those pilles, it is good euery mozninge to take an houre afoze sun, a medicine to dzink, that shalbée made of halfe an ounce of Succo rosarum, mixte with two ounces of water of Endiue. In steed of the sayd Succo rosarum, yee may take halfe an ounce Diaprunis laxatiue, and yee must take heede in geuing sutch purgacions, that the pacyent bee strong, foz if he bee weake, yee may giue him but the halfe of the said pilles oz of thother laxatiues. And if in diminishinge the quantity of the sayd medicines, it wozketh not with the pacyent as it should, it is conuenient

to

to giue him a common Glister.

¶ An other remedy for the same payne.

Yée must lay thereon a linnen cloth moysted in Rose water, Plantayne water, Rozell water, and Vineger: oz els take the iuice of Lettuce and Roses, and a litle vineger, and warme it together, and dippe therin a lynnen cloth, and lay it to the payne.

¶ Another.

Yee must take the whites of two egs with Rose water, and beate it well together, and with towe oz flaxe, lay it to the greeued place. Also yee must shaue his head, and milke theron womans milke, that nourisheth a wenche: oz washe his head with warme water, wherein haue bene sod Vine leaues, Sage, flowers of water Lillies and Roses. Also it is necessary to wash his feet and legges with the sayd water, so that the pacient haue no reume: foz if there bee reumatike matters, yee ought neyther to shaue his head, washe his legges, noz to lay any colde thing oz moyst to his head. Ye may know that fleum is cause of the payn in

the

the head, when yee feele coldneſſe with great heuineſſe: ſpecially in the hinder part: when one ſpitteth often, and hath his face like ſunne brent.

Remedy.

Yée muſt drinke .ij. oz .iiij. mornings ſirrup of Sticados, with water of Fenell, oz ſirrup of Wormwood, with a decoctiõ of Sage and Maioram. Then yee muſt purge the head from the ſaid fleume, with Pillule cochie, and with pilles of agarici, oz Pillule auree made with one of the ſayd ſirrups, fiue in a dramme, and take .iiii. oz .v. at night to bedwardes, oz about midnight. Dz in ſteede of thoſe pilles yee may take a potion in the morninge .v. houres afore meate, made of halfe an ounce of Diacartamy diſſolued in .ii. oz .iii. ounces of Betony. After that yee ought to comforte the head, by wearing of a coife, made of double lynnen cloth, and ſowed like a cotten quilt, wherein yee muſt put flowars of camomil, Maioram, Cloues, Nutmigs, Maces Graynes of Paradiſe and Sinamom in pouder, for ſutch things digeſt the fleum, ſo that a purgation bée giuen of the ſayd

pilles

pilles Assigareth, or pilles of Hierapicra, which are not so laxatiue as thother are.

After the sayd purgation, yee must put in the nose of ỹ pacient, pouder of Pelitory of Spain or other, to make him neese. Also it is good to gargarise his mouth, w̃ water wherein Sage hath been sodden, and then to annoynt his head with oyle of Lillies, Camomil, or of Rew.

Beside this, it is good to giue the pacient euery morning to drink, sage wine with water, to consume the fleum, and to comfort the brayn and the sinewes. The sayd Wine is thus made.

Put a litle bagge full of good Sage bruised, in a quart of new wine, and let it stande so a night, then wringe it out, and vse it. Dutch wine of Sage the inhabiters of Parise and Fraunce, vse to drinke after haruest all the winterlong.

When payne of the head proceedeth of melancholy, the pacient feeleth heauines of the hed, and hath terrible dreams, with great care and thought or fear, and his payn is especially vpon ths left side.

Remedy.

Take sirrup of Borage, Harts tongue,

or

or fumitory, with water of Buglos, and Harts tongue, or with the decoction of Sage or Time, for by these sirrups yee shall digest & correct the said melancolike humours, and within a while the payne will bee released. And if it cease not for these medicines, after ye haue vsed two or three daies one of the said sirrups, or ij or .iij. of them together, take a dram of pilles halfe Aurec and halfe fine quibus: or els halfe of Hiera and half of pilles of Fumitory: or in steed of pilles, yee may take in the morninge fiue houres afore meate .iij. drammes & a halfe of Diasene, tempered in water of Borage or hoppes, or in ỹ decoction of Sage, Likorice, great Reysins, and cordiall floures and fruits. Head ache commeth of winde, or ventositie, when the pacient thinketh that hee heareth sounde or noyse in his head, and the peyne is flitteryng from one place to an other, without heauinesse or discendyng humours.

Remedy.

Lay vnto his head hot linnen clothes, and make a bagge of Gromell sedes and bay salte, dried together in a panne: So procede

proceed with stronge thinges, if neede require, as in bagges made of Maioram, Rosemary, Rew, Barberies, and Juniper beries layd to the payned place: or with the decoction of the forsayd things, make fomentacion or embrocation vpon his head.

¶ An other remedy.

Yee must take oyle of Camomill, oyle of Dyll or Lyllies, and anoynt the head with one of them, or with .ii. or .iii. or all together. If that helpe not, take oyle of Rue, Spike, and of Castor, and anoint it therwith: and adde therto a litle pepper, and Mustardseede, if yee would haue it sore chafed or hette. Also it is good to drawe vp by the nose, water of hony, the iuyce of maioram, and of Fenell, are matised with a Nutmigge and Lignumi aloes.

Rasis, a great practisioner among Phisitions saith: that whosoeuer oftentimes putteth into his nose the iuyce of Maioram, shal neuer bee diseased in the head. I think hee meneth of ỹ great Maioram.

If payne of the head come of heat of the sunne, yee must apply to the places

diſeaſed, as it is ſayd in the remedyes of choler.

But if the ſayd payn proceede of coldneſſe of the ayre, then vſe it as it is ſayd afore in the remedyes of fleume.

¶ Here followeth a regiment againſt all diſeaſes of the head.

THe pacient that is diſeaſed in the hed whether it bee of bloud or of choler, may not drink wine nor eat much fleſh, white meates, nor things that giue any great nouriſhmente. But muſt bee contented to drinke Pitiſan, Barley, water: or Julep of Roſes, and to eate roſted Apples, damaſke prunes, Almond milke, hulled Barley, and Pottage made with Lettuce, Sorrell, Purſlane, in broth of Peaſon, or with a Chicken or Veale if the pacient bee feeble.

When payne procedeth of a cold humour, the pacyente ought to drinke no wine in three of the firſt dayes, but to drinke onely penny Ale, or ſutch ſmall drinke, for although the wine bee very comfortable, as cõcerning natural heat, yet it is contrary and hurtfull vnto the ſpirites animall of the brayn, and alſo of

the ſinewes.

And the pacient ought what paine ſoeuer it bee of the head, to forbeare all vaporous meates, as Garlike, Onyons, Lækes, Peaſe, Beanes, Nuttes, Milke Meates, Spyces, Muſtard, great Colewortes, ſalte meates, and meates of yll digeſtion. Alſo hee muſt abſtayne from ſlæpe of the day, and after ſupper by the ſpace of two houres.

Trauayle of the minde is very contrarye, bycauſe of the commotion that happeneth vnto the liuely ſpirits, which are inſtrumentes of vnderſtandinge, as Auicen that noble Phiſicion ſayth in the Chapter De ſoda temporali. Nihil eſt adeo conueniens ſode temporali, ſicut tranquilitas et dimiſſio totius quod commouet ſicunt ſunt fortes cogitaciones &c. There is nothing that is ſo conueniente for the Meigryme, as tranquillity and reſt, and let all things paſſe that moue the vertue anymall, as great muſinges and all labour of the ſpirits. And cheſly one ought after dinner to kæpe him from al things that trouble the memory as ſtudeinge, reading, wrighting, and otherlike.

By. And

And for the better vnderstandinge of the sicknes chaunsing in the hed: ye shall know, that some time it chaunceth by-cause of other diseased members, as of the stomacke, or of the mother of the reumes, of the liuer, or of the splene, and not of any cause in the head it selfe. Therfore yæ ought to cure sutch sikнes by helpinge of the same members, as it shalbæ shewed in the Chapters follo-winge.

And yæ may know, that the head ache commeth of diseases of the stomack whē the paciente hath great payne at the sto-macke. Of the mother, when the woman fæleth great payne in her belly.

Of the reynes, when there is a great payne in the backe. Of the splene, when hæ fæleth payne and heuinesse there a-bout vnder the left side. Of the lyuer, when the payn is on the right side, about the liuer, which is beneth the ribbes.

Remedyes appropriate to the head, of what cause soeuer the payn bee.

TAke an handfull of Betony, an hand-full of Camomile, and an handfull of Veruayne leaues pyked, stampe them and

and ſæth them in blacke Worte, or in Ale for lacke of it, and in the latter end of the ſæthinge, put to it a litle Comin brayed, the pouder of a Hartes horne, and the yolkes of two Egs, and Saffron a litle, ſtirre them well aboute, and lay a playſter hot ouer all his foreheade and temples. This is an excellente remedy alſo for the Weigryme. It ſhal perce the better if yée adde a litle Vineger.

¶ Another.

Make a playſter of Beane flower, Lineſæde, and oyle of Camomile, or in lacke of it, Goſe greſe or Duckes greſe, and rub the place with Aquauite, and after lay the playſter hot vpon it.

¶ Another.

Take a ſponefull of Muſtard ſæde and an other of Bay beries, make them in pouder, and ſtampe them with a hand full of erthe wormes, ſplit and ſcraped from their earth, and a litle oyle of Roſes, or of Camomile, or Capons greſe, and lay it on the greife.

Alſo it is good to take the iuce of Iuie leaues mixt with oyle, and Vineger, and to rub therwith your temples, and your

noſetrilles.

Alſo the cheſtwormes that are found betwéene the barkes of trées which will turne themſelues together like a beade when they bée touched, if they bée taken and ſodden in oyle, it maketh a ſinguler oyntment for the Meigrime.

¶ The ſecond Chapter, how to cure diſeaſes chauncing in the face.

FIrſt as touching a diſeaſe called Gurta roſacea, or copper face in Engliſh, it is an exceſſiue redneſſe about the noſe, or other places of the face, comming of brent humours or of ſalte fleume, which cannot bée holpen, if it bée rooted and old.

Remedy for the ſame if it bee cureable.

YEe muſt giue him a purgacion, as is ſayd in the payn of the hed, comming of the choler, then dip lynnen clothes in Alum water, which ſhalbée made thus. Take a pound of Alum glaſſe, the iuyce of Purcelane, of Plantain, and Uerioe

of

of Grapes, or Crabs, of ech a pinte and a halfe, with the whites of twenty egs, and beate them well together with the sayd iuice, then mixt all together, distill it in a common stilatory, and kéepe the water for the vse against all pymples, scurphes, wheales, chasinges, and heates that chaunce in the skinne. The clothes dipte as is aforesayd, must bee layd to the rednes, and oftentimes renued with other fresh cloutes dipped in the same.

¶ Another remedy.

Take Lytarge of siluer, and Brymstone, of ech like mutch, and séeth them in Rosewater and Wineger, and then with a lynnen clout wet in the sayd Wineger, lay it to the sore.

Remedy to pallify the coppred face that is vncurable.

MAke a bath with the flowers of Camomil, Violets, Roses, and flower of water Lillies, then anoynt the place with Vnguentum album, Camphorarum, and mixt that ointment with a litle Yelow Brimstone, and quicksiluer killed with fasting spitle, and anoynt the place with all.

A water for the same.

A water called Lac virginis is very good, and Rosewater mixt with Sulphur, oyle of Tartare, and oyle of Wheat. Also these thinges are good for Tetters, and other ruggednesse of the skinne. The sayd Lac virginis clarifieth the face, and dryeth vp moyst pimples, and taketh away frekles of the visage, and is thus made. Take iij. ounces of Litarge of Siluer fine poudred, halfe a pinte of good white vineger, mixt them together and distill them by filtre, or through a litle bagge, or by a peece of cloth. Then take of the same water, and mingle it with water of salt, made with one ounce of salte poudred, and halfe a pound of rayne water, or well water, and mingle these waters together, and it will bee white like mylke, and with this rub the corrupt place. Some adde a litle Ceruse with the Litarge, which is good for all rednes of the face.

Here followeth a generall dyet for all copperous faces.

ABstayn from all salt thinges, spyced, fried meates, and rosted meates. Also from drinking of wine, for it is very euill.

euil. Also Onions, Mustard, and Garlik, are very nought. In stede of which, yee must take Purslane, Sorell, Lettuce, Hoppes and Borage, with Succory or Endiue, in porage, or otherwise. Also it is necessary to be laxatiue, and in sleping to lay your head hie.

For rednes of the face that is not copperosed.

TAke a pynte of Goates milke, the crummes of one white lofe hotte, the white of sixe Egges, Canisere two drams and the iuce of sixe Citrons: mixt al these together with the sayd Milke, then take all the three kindes of Plantain, and put them in the still vnder the sayd drugges, and after it an other bed of the same .iii. sortes of Plantain, and distil them with an easy fire as yee would distil Rose water, and keepe it in a glasse vessell. And after xv. daies take a white linnen cloth, and dip in the sayde water, and lay it to the rednes.

Another for the same.

Water of Lillies stilled, with the bloud of an Oxe, and a litle Camphere is very good.

For

For chopped or ſcabbed lippes.

Anoint thē with Vnguentum album camphoratum, and if there bée any corrupt bloud or matter, yee muſt waſh the place with water of Plantayne, wherin hath been ſod a litle Alum, afore yée put on the ſayd ointment.

For the ſame.

Vnguentum de tutia and oyle of yolks of Egges, bee very good for it. Alſo it is good to waſhe the place with Plantayne water, and Barly water together.

For cankers, vlceres, and Noli me tangere.

FOr as much as Noly me tangere chanceth often in the noſe, or aboute the face, beginning of a litle hard and round kernell or knob, and full of paine, declyning toward a pale and leady colour, yée may iudge that diſeaſe very perilous, notwithſtandinge it is good to anoynt it as hereafter folowеth, and alſo to apply therto other remedies, as thus:

Take Vnguentum album two or thrée ounces, the iuyce of Plantayn and night ſhade, of eche halfe an ounce, Tutie the weight of halfe a crowne, mingle them together,

together, and make an oyntment which is good for the same disease.

For wormes in the face.

ALthough that worms in the face may not bee had out, but with great difficulty: and by long proces, bycause of the cold humour, wherof they come, neuertheles, forasmuch as oftentimes they happen vnto poore folkes, here shalbee recited a recept proued for the same disease, which is an oyntment of a singuler operacion: and is thus made.

Take the leaues and rootes of Lékes. iuyce them altogether, and take therof a pinte and a half, & put it in a glasse: with an ounce of pouder of Pellitory, and a scruple of Verdegrece, and stirre them altogether, and euery day bath the sayde wormes and wheales, with cotton moysted in the sayd iuyce, and stir it often in the glasse: this is good also for wormes in any other members, and bréeding in the sickneſſe called in Fraunce, the kings euill.

¶ A purgacion which yee ought to take before the sayde bathinge.

Take

TAke halfe a dramme of good Turbith and a ſcruple of Ginger, half an ounce of Suger, and a litle white Wine, mixt, altogether, and drinke it in the morning twiſe a weeke warm, and renue it euery thræ weekes.

¶ For an vlcered face through wormes.

Yæ muſt firſt mundifie the dead fleſh with Vnguentum Egiptiacum, or the pouder called Precipitatus, and for the perfect curacion, yee muſt dry it wel, wherfore it is good to waſhe the place often with Alum water, and put therin linte, and if there bee great moiſtnes at ỹ time of deſiccation yee muſt dip the ſame lint in Vnguentum Apoſtolorum or Ceraſeos with a litle of the oyntmente that followeth, which yee may ſafely apply from the beginninge to the end of the cure, for it hath vertue to clenſe and incarnate, with gentle mundification and dryinge.

¶ A ſinguler oyntment for wormes that matter.

TAke oyle of Lillies, oyle of Linſed ana, ounces .iii. oyle of Roſes, oyle of Mirtilles, ana, ounces ii. Litarge of gold and

and ſilver and red leade, ana, one ounce, Diaquilon white with gummes iiii ounces, Goates tallow, Hogs greece, of eche ii. ounces and an halfe, blacke Pitch and Colophonie, of eche two ounces, of the iuyce of Houndſtong iiii. ounces. Seeth them altogether till they bee blacke, and the iuice be cleane conſumed, then ſtrain it through a thicke canuaſſe, and after ſeeth it agayn till it bee exceeding blacke in colour, and then ad to it cleare Turpentine, iii. ounces. Gum oppoponax. ii. ounces and an halfe, white Wax as mutch as ſhall ſuffiſe to make a playſter not ouer harde, and put the Turpentine and Oppoponax in when yee take it from the fire. This is an excellent playſter alſo both for woundes and vlcers.

¶ For the ſame.

It is very good to lay vpon them the herbe called Houndſtong ſtamped with a litle hony.

Regement or dyet for the ſame ſickeneſſe.

The pacient in all diſeaſes of the face muſt endure hunger as mutch as is poſſible, and eate not mutch at once. Alſo he muſt

must hold his hed vpright, and slæpe not on his knæs, noz elbowes, noz with his face bowed downe. Also he must forbere mutch laughinge, speakinge, and great anger.

For the eyes.

Hereafter folowth diuers medicines foz the eyes, which are the windowes of the minde, foz both ioy and anger, and the most of our affection, are sæne and openly knowen through them, and they are ozdained and made to lighten all the body, wherunto nature hath giuē brows and eye liddes, to defend them and kæpe them in safetie, and the better to resiste things contrary and hurtfull vnto them.

Yet not withstanding, beside many other chaunces, there happeneth sometimes a debilitie in the sight, which must bee holpen as hereafter folowth.

Take Fenell, Verueine, Celidone, Rue, Eie bright, and Roses, of euery one of them a like mutch, and distill them as yæ would distill Rosewater, and vse a litle thereof in your eyes, both in the mozning, and when yee goe to bed.

¶ A water prooued to clarifie the dymneſſe of the ſight.

Take the iuyce of Fenell, of Celidonie, Rue and Eyebright, of eche two ounces, Honie an ounce and an halfe, Aloes, Tutie and Sarcocolle, of ech half an ounce, the gall of a Capon, Chicken, or Cocke, two drams: Nutmigs, Cloues, and Saffron, of eche a dram, Sugercandy ſixe drammes, put all in a limbicke of glaſſe, & diſtill it. And of this water put in your eyes once in the day. And if yee could get the lyuer of a hee Goat, & mire with the ſayd things in the diſtillacion, that water wil be of much greater vertue and almoſt without comparyſon.

For the ſame.

Yée muſt vſe euery day to eate Nutmigs, and to take once in a weeke, a Mirabolane condite.

For the ſame.

Take a Pie and burne her, and beat her to pouder, and mingle it with Fenel water, & put it in your eyes. Alſo water of yonge Pyes ſtilled, is very good. Likewiſe water of rotten Apples, put two or iy. drops in the eies helpeth very much.

For

¶ A ſinguler water for diſeaſes in the eyes: and to claryfie the ſight.

Take the greene Walnuts, huſkes and all from the tree, with a few Walnut leaues, and diſtill thereof a water to dꝛop within your eyes.

¶ Pilles good for the ſight.

The pilles Sine quibus, aſſwageth with troſciſkes of Agarike, and Pullule lucis, are excellent gꝛod to purge the bꝛain, and comfoꝛt the ſight.

For paine of the eyes.

Some times paine of the eies cõmeth of bloud, and then the veines of the eies are red and ſwollen, wherfoꝛe it is conuenyent to bæ let bloud of the head vein on the ſide where the peine is.

For bloudſhotten eyes.

The bloud of a Stockdoue, oꝛ in lacke of it an other Dooue oꝛ Pigion, dꝛopped a litle in the eye, and a wet cloute therof layed vpon the ſame, healeth bloudſhotten eyes whether it bæ of ſtroke, oꝛ any other cauſe.

Some time the ſayd payne commeth of Grape, oꝛ Crabbes, of eche a pinte and

of Cholere, and then the pacient fæleth great heat, sharpe prickynge, and mutch paine, and commonly there appereth no gumme in the eyes, and if it dw, it is yelloiw. Therfore yee ought to giue him a purgacion purging Choler, as hath bæn said in the remedy of the head, proceding of the cause of Choler.

For swelling of the eyes.

Take a Quince and sæth it in water till it bée softe, then pare it and bruse it, and mixe it with the yolke of an Egge, and the crummes of wheaten or whyte bread stæped in the sayde water, and put therto a litle womans milke, and two peny weight of Saffron, braye them all together, and lay it ouer the forehed and the eies. Sometimes such paines chaũce because of fleume, and then the pacyente fæleth great heauines in his eies, with aboundance of gummy matter, or water descendinge into the eyes. And in this case, yæ must purge the fleum, as it hath bæn sayd in the remedy of the head, græued by the excesse of fleume.

To resolue the Gum, yee shall vse to

washe your eies oftentimes with the iuice of Houseleke, otherwise called Senegræne.

And sometimes thesame paine commeth because of ventosity or winde, and then the pacyent feeleth sutch paines, as if one beat on his eare with an hammer, for which it is good to make a decoctiõ of Camomile flowers, Mellilot, and Fenel seed, in water and white wine, and therin wet a foure double linnen cloth, and the licour well prested out, lay it often vpon the eye.

Other whiles there chaunceth payn of the eies bicause of exteriour thinges, as of wind, dust, or heat of the sun, & then it is meet to lay therto womans milke, well beaten, with the white of an Egge.

And sometime the sayd payn commeth by percussion or strikinge, and then yee must drop in the eie, of the bloud of a Pigions wing, or of a Partrige, which blud hath like vertue to take awaye spottes, markes, and rednes of the eyes.

For very great paine of the eyes.

Take an ounce and an half of oyle of

Roses

Roſes, the yolke of an Egge, & a quarter of an ounce of Barlye flower, and a litle Saffron, mixe all together, and put it betwæn y. linnẽ clothes, & lay it to ẏ payn.

Another.

Take crummes of wheaten bread or white, an ounce, & ſæth it in Nightſhade or Roſel water, then mixe with the ſaid bread two yolkes of egs, oyle of Roſes and Camomile, of eche an ounce and an halfe Muſcilage, of Lineſeede an ounce, and vſe it as is aforeſayd.

Another.

Take ſixe leaues of Henbane, and roſt them, then beat them very wel in a morter, and lay them to the paine.

For rednes of the eyes.

In the beginninge of the rednes lay vpõ the eies towe, dipped in the white of egs: but let the whites be wel beten firſt wt roſewater, or with plantayne water.

Another.

Take red Roſes, and ſeeth them, and let them be ſet warm to your eye. This taketh away ſpottes of bloud, that ſometime chaũceth in the eyes. Alſo it is good for al diſeaſes of the eyes. And it is good

for rednes of the eyes that commeth by striking or any such violence. If at any time there happen a spot or blemishe in the eye by a stroke, yee must lay to it by and by tow, wet it in Rosewater, and in whites of egs, and after that the payne be mitigate, ye must lay a playster vpon the eie made of a raw egge. Barly floure and the iuice or muscilage of Mallowes, and then if the eye bee not holpen of the sayd bloud, yee must lay to it a playster both dissolutiue defensiue, and partly appeasing the payn. which must be made of wheat flower, ỹ iuce of Mallows, Mints, and Smalage and the yolke of an egge.

Of hardnesse that hath beene long in the eye.

Take a scruple of Aloes, Succotrin, and melt it in water of Celedonie at the fier, then receiue the fume of it and afterward wash the eie with Fenell water.

Another.

Take pouder of Cūmine mixte with wax like a plaister & lay it vpon the eye.

An other.

Take Roses, Sage, Rue, Celedonie,

of eche a like mutch, with a litle salt, and distill a water, and put thereof a drop or two in your eye, euening and morning. In steed of that water, it is good to take iuice of Uerueine, Rue, and a litle Rose water.

For all rednes of the eyes.

Take the bignesse of a Nut of white Coperose, and a scruple of Yeros, and pouder it, and mixe it with a glasse full of well water, then put two or three drops in your eyes.

For the same.

Water of strawberies made and put in the eie is good.

A singuler pouder that dryeth and taketh away the rednes of the eyes.

TAke Tutie preparate an ounce, and Timonie halfe an ounce, Perles ii. drammes, red Coral a dram and an half, pouder all these thinges very fine, and keepe them in a boxe of tinne and vse it.

For to stop watring of the eyes.

MAke a plaister of pouder of Mastike, fine Frankensence, Bole armoniake

and Gumme Dragagante with whites of Egs mixt together, & lay to the forehed and temples. Also it is good to set ventoses on the nape of the necke. Also it is good to make a collirie to put into the eies as foloweth. Take Tutie preparat, and the stone called Lapis Hematites, of eche a dram, Aloes halfe a dram, Perles and Camphore, of ech a Scruple, pouder them all very fine, and mixe thē in three ounces of water, distilled of the knops of Roses, and therof make a Collirie.

Also for to stop all humours descending to the eyes: these thinges aforesayd are very good mixt with rayne water, wherin Olibanum or Frankenscence hath bin sodden.

For webbes of the eye.

IT may bee easily holpen in younge folkes, but in aged persons it is very hard. And in the beginninge, yee must mollifie them with a decoction of the flowers of Camomill, Mellylote, & Coole leaues, receiuinge the fume of the sayd decoction within the eyes, and then put therin a litle pouder made with Suger

candy

candy, Salgemme, and egs shels brunt, and afterward distill into them womans milke with the decoction of Fenugreke.

An other singuler receipth for webbes in the eyes.

Take Snayles with the shelles on, and washe them eyght times, and distill them in a common stillatory, then take Hares galles, red Corall, and Sugercandy, with the sayde water, distill them agayne, and put euery morning and euening a drop in your eye.

An other water.

This water is made of white Coperose, Sugercandy, & Rosewater, with whites of egs that are sodden hard, and strayned through a linnen cloth, and put into your eye: after dinner, and all night to bedwarde.

Regiment for them that haue any sore eyes.

Yée must alway kepe your belly lose, and abstayne from fire, smoke, winde, dust, and ouer hot or colde ayre, and from wéeping and long reading of a small letter, from ouer long watching, ouer much

drinking of wine, and eating late, for all these are very noysome to the eyes and sight. Also all euaporatiue things, as Onyons, Lækes, Garlike, Mustard, Pease, and Beanes, are very daungerous. Yée must kepe your feete cleane and forbere the day slæpe. Behold græn things, clere water, precious stones: and to kepe you from long holding downe your face, succoureth the sight very mutch, and is very good for the eyes. Likewise vse meats of good and quicke digestion, as to eate Fenell often, and after meat, take Coriander Comfites, preparated, and drinke not after them. But aboue all kæpe away your handes, for the rubbing of thē maketh them worse and worse.

Remedy for all diseases of the eares.

TAke oyle of Roses and a litle vineger and put it into the eare, than make a bag of Camomil and Melilote, and lay it thereunto.

For noise and sounding of the eares.

Take Pillule Cochie, or fetide, bicause the sounde proceedeth of ventosite or of fleume,

fleum: and before yée take the said pilles, it is good to drinke three ounces of Fennell water, two houres before meate, foure or fiue dayes. After the operacion of the sayd pilles, yée must dip a tent in oyle of Rue castor, or of salte, with the iuice of leekes, and often in the morning fasting, to holde his eare ouer the warm decoction of Maioram, Rue, wormwood, Camomill, and Melilote.

For paine in the eares.

Goose grece with a litle Hony swageth the paines of the eares.

Also the Chestwormes sodden in oyle of Roses vpon hot ashes in the rinde of a Pomgranate, and dropped in the eares.

Item oyle of Almonds, specially of the bitter Almondes hot.

Item if there be water in the eares it shalbe had out with a litle Goose grece and the iuyce of Onions.

Also earth wormes with Goose grece sodden, is good for paine in the eares.

Item an Adders hame sodden in wine, and the eare bathed in it, & a litle therof put into the paine, is good to take away the greife, & it helpeth also to the eares,

that

that are running with stinkinge matter and corruption: but in that case yée must haue boyled in the wine a litle Mirre.

Regiment.

The paciente must eate and drinke litle, and sweat in bathes, or whote houses, and sometimes to prouoke nésinge. Yée must forbeare Garlike, Onions, Lékes, Pease, Beanes, and Nuts, nor drinke wine without water.

For deafnes.

Sometime there chaunceth deafenes by wind, which is in the eare, the which causeth tynckling in the head, and then one must put a litle Aloes in hot water, or in white wine, & distill into the eare.

Then put a litle Cuphorbium in pouder into his nose, to make him to nése and auoyd asmutch humours as yee can.

Sometime deafenes cõmeth of fleum whiche when it is olde, is vncureable. But when it beginneth, it must bée purged as hath beene sayd in the remedy of the sound of the eares. Thẽ take pouder of Bayberies and séeth it in oyle of Lillies, and put it warme into your eare, and

and a litle blacke wull to stop the eare with, that no ayre enter.

Remedy for stinking of the nose.

TAke Cloues, Ginger, and Calamynte of ech a like, and seeth them in white wine, and therwith wash thy nose. After put in pouder of Piretrum to prouoke you to neese. And if there bee repletion of fleum in the head, first yee must purge it with pilles of Cochie, or of Hiera Picra. Also if the cause of stincking come from the stomacke first helpe the stomake, as shalbe sayd hereafter in the remedies of the stomacke.

Medicines for bleedyng at the nose.

TAke a dramme of Bole armoniake washed, and mixe it in Rose water or Plantaine water, and drinke it. Then binde the extreme partes as harde as ye may, and after make a Tente of greeke nettles, & put it into his nose. Moreouer, it is good for the paciente to holde in his hand Egrimony, with the roote and all, and drinke the iuice of Knotgrasse, and

with

without doubt the bloud shall staunche anone.

For the same.

Set a boring glasse vpon his lyuer, if the bloud come from the right side, or on the splene if hee bleed of the left side, and lay vnto the stones a good quantity of tow or linnen dipped in vineger, and for a woman, lay it vpon her brestes.

An other singuler medecine for to staunche bloud, and it is a thing expert of all the good practi cioners.

Take swines doung, euen as hot as ye can haue it from the swine, & when ye haue clensed the congeled blud out of the nose, wring it through a clout, and let the iuice perce into the side, from whēce the bloud cōmeth, and by the grace of god ye shall se it staunche anone. Moreouer it is good to binde the feet and armes as hard as cā be suffred with a corde or a lace, the stronger they bee bound, the better.

Remedy for the tooth ache.

PAyne of the teeth (as Galen sayth) amongst other paines ỹ are not mortal

is

is the moſt cruell & greiuous of them al. It may come diuerſe wayes, of a colde or hot cauſe. If it come of a hot cauſe, his gummes are red and very hot, wherefore it is very good to holde in his mouth water of Camphore, or to ſeeth a litle Camphore in vineger, and holde it in his mouth.

An other ſinguler remedy that taketh away all kindes of tooth ache, ſpecially if it come of a hot cauſe.

Take Henbane roots, and ſeeth them in vineger and Roſewater, and put the decoction in your mouth.

Remedy for tooth ache that commeth of colde cauſes.

Forasmutch as in ſutch caſes oftentimes there diſtilleth aboundance of water into the mouth, purge it with pillule cochie, and afterwardes keepe in your mouth warme wine, wherin hath beene ſodden Pellitory, Mintes and Rew.

An other remedy for the ſame.

Take Sage Pellitory, and ſeeth them in vineger, and kepe it in your mouth as hot

hot as yée may suffer.

Another for the same.

Take Pellitory, Staue sacre, and the thrée kindes of pepper, of eche one a part Macis, Galingale, half part of the other, make a pouder, and with a litle whyte wine rub the téeth, and then lay on the foresayd pouder where the payne is.

¶ An other.

Take the middell barke of an Elder, Salte, and Pepper, of eche a like much: and stampe them together, and lay it to the sore téeth.

An other remedy.

Take a litle cotton, and dip it in oyle of Spike, then put it on the sore tooth. If the tooth bée hollow, it is good to drawe it out: for it will euery day waste whatsoeuer yée doe vnto it.

To make the teeth white.

Take white Marble, Cuttle bone, white Coral, salgemme, Baysalt, Mastik and pilles of a Citron, of eche like much, make them in very fine pouder, and rub the teeth therwith, euery morning.

And afterward wash your mouth with white

whitewine, wherin hath bëene sodden a litle Camomil and Dill.

For the same.

Take Vineger of Squilles and dip a litle pëce of cloth in it, and rub the tëeth and gummes withal. The sayd Vineger fastneth the gums, comforteth the rootes of the tëeth, and maketh a swëete breth.

An other remedy to make the teeth white.

Distill a water in a Lembike of two parts of sal gemme, and the third part of Alum, and rub the tëeth with a linnen clout dipped in the same.

To take away stinking of the mouth.

Yee must wash his mouth with water and vineger, and chew Mastike a good while, and then washe thy mouth with the decoction of Anis sëedes, mintes, and Cloues sodden in wine. If the stinkinge of the mouth commeth of a rotten tooth, the best is to haue it drawen out.

Regiment for tooth ache, and stinking of the mouth.

Ye muſt waſh your mouth before and after meate with warme water; for to clenſe the mouth, and to purge the humours from the gummes, which diſcend out of the heade. It is good euery morning faſting, to waſh your mouth and to rub the teeth with a Sage leafe, pilles of Cytron, or with pouder made of Cloues and Nutmigs: ye muſt forbere Lettuce, raw fruite, all tart meats, and the chewinge of hard thinges. Alſo all meates of euill digeſtion, and vomiting.

The third chapter treateth of remedies for diſeaſes of the breaſt.

FIrſt for hoarſnes of the voice that maketh a man to ſpeake lowe and with great payne, yee muſte auoyde all eger, ſalte, and ſharpe thinges, and ſleeping by day, to mutch watching, great cold, much ſpeaking, and to loud crying. All ſweete thinges are very good, as Apples ſodden with Suger, great Rayſins, Figges, Almond milke, hulled Barly, Pignolate penedies, white pilles, Sugercandy and the iuyce of Likorice.

Remedy

Remedy for a hoarce voyce.

Take the broth of red Colewort and mingle with it vii. or viii. Penedies, and an ounce of sirrup of Maiden heare, and giue vnto the pacient, when he goeth to bed.

Another medicine.

Take Diayris simple, and eate a Loseng of the same at morn, & also at night.

Another remedy for horcenes, of a long continuance.

Take Raysons, Figs, Suger, Cinamom & Cloues, of euery one a litle: Seth them in good wine, of the which yee shall giue to drink morning & euening vj. ounces at a time, except hee haue a feuer.

For the same.

It is good to take morninge and euening, a spoonfull of the sirrup of Iuiubes mixt with a roote of Liquorice, in manner of a loc. If with the sayd horceneſſe, there descende aboundance of water to the mouth, it is good to make an electuary, of half Diayris, & half diadragagantum and to vse it first & last after presuminge with stoupes of flax, fuming with Frankinsence,

kinsence, Mastike, Sandrake, and storax Calamite, layd vpon the head warme.

Remedy for the Cough.

Take Isop, great Raysons, and Figs, of ech a litle handful, Licorice one ounce, boyle them in water, till the thirde parte bee wasted, then giue it him to drinke twise a day, in the morning two houres before meat, & at night one houre before supper and immediatly after it is good to eate a Losenge of Diayris, or Diapenidion

If yée wil haue it stronger, put to them in the decoction a litle Coleworts, Anise, and Fenell, with the seedes of Nettels, of eche two drammes.

¶ Another remedy.

Take Sugercandy, white pilles Diayris, and Diadragant, of euery one, one ounce, Liquorice two drammes, make a pouder, and let him eate therof a sponefull, morning and euening, & drink after it iii. ounces of water of Isop, or of Scabyous, with Suger, and without Suger.

In steade of those waters yee may take the broth of red Coleworts without Salte.

An

An other remedy.

Take ſirrup of Liquorice, and of Iſop, and drinke it euen and morne with a Pitiſane, or one of the ſame ſirrups, with a ſpoonefull of Pitiſane is good.

An other.

Take pouder of Diayris ſimple, and Liquorice, of eche a dram weight and with foure ounces of ſuger make an electuary to be eaten firſt and laſt and after meat.

An other.

It is good to take Locſanum, with a ſticke of Liquorice, at the coughing, and after meat. And there is an other loc called loc de pino, as good at all times as the other is. And it is good to annoynt the breaſt morning and euening, with oyle of Lillies, ſweet almonds, and May butter without Salte.

Here is to bee noted, that commonly the coughe procedeth of colde humours that greeueth the lunges, and for that cauſe all things the which be hot, ſwete, and do prouoke ſpitle, are very good and holſome for theſame, as bee the thinges afore rehearſed.

And ſometime it procædeth of heate, and then it is knowen by the great alteracion or feuer: and then yæ muſt forbid the patient drinking of all wines, and to vſe things that hereafter followeth.

Remedy agaynſt the cough, comming of a hot cauſe.

TAke ſirrup of Violets and of Jubes, and drinke therof morninge and euening with a litle Pitiſane ſodden.

For the ſame.

It is good to take firſt and laſte a Loſenge of Diadragagant, and afterward to drinke a draught of good Pitiſane.

A good receipt againſt the coughe.

Take the roote of Enula campania, Horehound, Holihock, of ech a like much, ſæth thē altogether in white wine, with a doſen of fat Figs, & a litle Lyquorice, drinke of it a draught, euery day twiſe.

Regiment or diet for them that haue the coughe.

Yee muſt abſtaine from Vineger, Veriuice, all ſalt meates, fruites, & raw herbes, fiſh, Lemons, groſe meates, and to

to mutch replecion. Also ye may drinke no wine betweene meales, and bewars of day slæpe, and specially after meat.

The winde, the colde, & mutch talking, are very vnnaturall for the coughe, and so is all labour aswell of the body as of the minde, and sumtime it is good to hold your winde a litle, and let it goe agayn.

Remedies against shortnes of the winde.

Shortnes of the winde procædeth often times of fleume, that is toughe and clammish, hanginge vpon the lunges or stopping the condits of the same, bæing in the holownes of the breast or of catarrous humours that droppeth down into the lunges, and therby commeth straytnesse in drawing of the breath, which is called of Phisitiõs, Dispnoca, or Asthma. And when the pacient can not bende his necke downe for dread of suffocation, it is called Orthopnoca. For euery one of these diseases, there bæ very holsome medicines declared here afore.

The receite for Asthma.

Take an ounce of great Raisins picked

from the kernels, two figges, the meate of a Date, dry Isop, Maidenheare, Likorice, and the lunges of a Fore, washed in wine, water of Scabious, of euery one a dram, Penidies two ounces with sirrup of Likorice, let all bée incorporated, and make a Loc to eate a good while after meat, with a sticke of Likorice.

An other receite.

Take Horehound, Maiden heare, and Isop, of euery one a handfull, Likoryce, Dates, Figs, sæde of Smallache, and of Fenel, of euery one halfe an ounce: boile them in a pinte of water and an half, till the third part be consumed.

After giue him the sayde decoction to drinke a good draught euery morninge two houres afore meate. And before it, or incõtinently after it, it is good to take asmutch as a chesnut of conserue of colewarts, or a losenge of Diaysopi, or Diayris Salomonis. Also loc de pulmone vulpis, is exceeding good for the sayd disease.

An oyntment for shortnes of breath.

Take two ounces of oyle of swéete Almondes,

Almondes, one of may butter vnsalted, a lytle Saffron, and of new Waxe, and make an oyntmente, wherewith yee shall annoynte the breast morninge and eueninge.

Regement.

Consideringe ths sayde disease commeth of to great aboundance of fleum in the lungs, it is good to obserue the things that are shewed in the remedyes of the coughe. And to dwell in a dry place, far from water pooles, or marishes, and to slépe in a moyst chaumber, in the which yee must haue a fire of woodde without smoke. The bread must be light and plesant, for sower bread, broune bread, and crustes, are to bee auoyded. Also yée may eate no Pease, Beanes, Nuts, chestnuts nor any thing that stoppeth or engendereth winde. Fish rosted vpon the girdion may well bee suffered, for they bee not so euill. Pulled Barly, Rise, brothe of Colewortes, and broth of an old Cocke, with Isop and Saffron, are speciall good meat for the lunges, and so are fat Figs

Raisins of Alican, Dates, graines of the pine, Pignolate, and swéete Almondes. Great mouuings & chafings, and sodayn labour is very euill, yet moderate exercise afore meate is good and profitable.

Running, anger, and sutch other passions that enflame the heart, are in this case vtterly to bée auoyded.

Remedies for the Pthisicke.

PThisis is an vlceracion of the lunges, by the which all the body falleth into consūption, in sutch wise that it wasteth all saue the skinne. Ye may knowe him that hath a pthisicke, for from day to day hæ wareth euer leaner and drier, and his haire falleth, and hath euer a coughe, and spitteth sometime matter and bloudy stringes withall. And if that which he spitteth be put into a basyn of water, it falleth to the bottom, for it is so heauy.

Galen speaking of this disease, sayth it is vncurable. But whē he was in Rome he gaue counsayle to them that had the Pthisickes, to dwell in the mountaines & hie places, far from waters, and watry groundes, and so their life should be prolonged,

onged, but at the laſte they died of the ame diſeaſe. Neuertheles, it is good to elcaſe the pain, & to help them as much as is poſible. And the thing that is moſte holeſome for theſame, it is to drinke euery morning a draught of Aſſes milke, iij. houres afore meat in the place wher of one may take the milk of a Gote newly milked, & mixe them euery time with a ſpunful of pouder, made of ſuger roſes, & it is good euery time to vſe conſerue of roſes, Pignolat diadragagantum, & anoint the breaſt before and behinde, with oyle of ſweet Almonds, May butter, and ſalte.

An other remedy proued by a religious man.

TAke two ounces of Pimpernel in pouder, and thereof make an electuary with Suger, and vſe it euery morninge two drammes with Pimpernel water iij. ounces. Water of Snailes diſtilled is proued good to them that be Pthiſicke euery morning in drinke, and for al them that are drie and leane.

¶ An other.

Take the foure colde ſeedes, ſæde of Quinces,

Quinces, of eche. iii. drams, and a halfe, white Popy sæde fiue drams, the iuice of Likorice, Isop, Amidum, gum arabike, & Dragant, of ech a dram and an halfe, Penidies, the waight of thē all, make a pouder, and vse euery morninge. ii. drams, and after take two sponefuls of sirrup of Iuiubes, or in stæd of it, drinke the ptisan of water of vngula caballina, otherwise called horsehoofe. The pouder wherof is good for the ptisike, wherwith Haly saith ý hæ healed a Monk of the same sicknes.

Regiment for ptisike.

YEe ought to doo as hath bēn sayd in regiment of Asthma, & to abstayn frō all spices, saue Saffron. Yæ must lykewise abstain from al sower things, sharp things and tart, nor be not hungry, nor dry: but cherish you well with meates of eāsy digestion, and good nourishmente, sutch as is coleys of Capons, hulled barly, Almond milke, egs yolkes, beale, kid, lambe, shēeps fæt, and smal birds, liuing in woods and bushes. Creauises, & fishe of swæt runninge water, hauing scales. Snayles in the shels sodden with Fenel

and

and Isop is very good. Ye must liue mesely, and play at some pastime for pleasure without labouring.

Hée ought to abstayn frō laratiue medicines, because that it is said. Cum fluor excedit, mors intrat, vita recidit, which is contrary to Asthma, for therin it is good euer to bée lose bellied.

For the pluresy.

Hereafter shall be spoken of medicines for diseases of the ribbes. And for playner knowledg of thesame, ye shall vnderstand that sometime in the skinnes that couer the ribs, there gathereth together bloud and cholerike humours, which engender apostemes, called pluresie, and it maye bee knowen by foure manner of signes.

First the patient hath a great burning feuer. Secondly the ribbes are so sore within, as if they were pricked continually with nœdels. Thirdly, the pacyent hath a shorte breath. The fourth signe is a strong cough, wherwith ỹ sick is vexed and by these signes may ye surely know a ryght Pluresye, that is in the skinne,

vnder

vnder the ribbes within the body.

But there is an other kinde of pluresy without vpon the ribbes apostomed, but in that is nothing so great daunger, nor the feuer is not so strong, as is the other afore rehearsed.

Remedy.

The pacient ought to be let bloud on the liuer vain, in the contrary arme frō the side that is diseased. After the beginning of the sore, till the third day, and after that if the pacient be not feble, let him bloud agayn vpon the same side that the sore is. Moreouer the pacient ought to laye vpon the sore side, euery daye an earthen bottel, ful of warme water, and to anoint his ribbes with oyle of Camomill warme. And he ought to take a glister of Chickins brothe, milke, cassia, oyle of violets, & hony of Roses, if his belly be harde. And in stæde of that glister, it is good to take an ounce of cassia, an houre before dinner, in a losenge or distēpered w̄ a ptisane, or els w̄ water of scabiose.

An other remedy.

Take of brome flowers, of Scabiose and

and the great thistle called Cardo benedictus, of euery one a like porcion, medell them together, and let him euerye morninge and eueninge, receiue a good draught, and anoynt the ribs with oyle of bromeflowers and it shalbe good.

An other singuler remedy.

Take three ounces of water of our lady thistle, one spuneful of white wine, & fire inner whites of egs well drayd, mingle altogether, and lay them plaisterwise vpon the ribs, as hot as yee may sufferr.

An other expert remedy.

Take two good handfulles of horsedung, two races of ginger in pouder, and then wrap wel the donge and the ginger together in a cleane linnen cloth, then put them in a new pot to boyle with two pintes of white wine, vntill the thirde part be consumed, and drinke a draught of the sayd drinke euery mornining, and after yee haue dronke the sayd wine, couer yee as well as is possible, and sweat.

Regement for the pleuresy.

The pacient ought not to drink wine, nor eate flesche, but must bee contente to drinke

drinke Ptisan, Barly water, and weake drinke, and to eate barly hulled, & milke of Almonds clarified, rosted Apples and great raysins as longe as the feuer doth last. And for to help him to spit, it is good to vse often white pilles, Diadragagantum, Sugercandy, and other things sayd in the remedy of the coughe.

For diseases in the ribbes which is not pluresy.

There chaunceth oftentimes a disease in the ribs, which they cal a büch, which commeth of ventosity, wherfore it is good to apply therto hot things, as a tost of bread very hot, and a litle bag of otes, and bay salt fryed together, or of honye which is better. Also it shalbe good to put therto a sponeful of hot ashes, and herbs, of Horehound, Rue, wormwood, Margerum, Isop, Bayes, and Camomill.

An other remedy for the same.

Take the rootes of colewort & Hops, of eche an ounce, Uerueine, Mugworte Sage, mints, wormewood, Tansay, and motherwort, of eche a handefull, put all in a common still, and distill them.

Kéepe

Kéepe that water to drinke every morning two or thrée ounces, while the pain doth last.

An other remedy.

Take the said herbes and rootes, and beate them with white wine, and strain them through a linnen cloth, and giue vnto the pacient a small draught two or thrée houres afore meate.

The fourth Chapter of the weaknes of the heart.

WEaknes or féeblenes of hart is caused, when the body fayleth his vertue vitall, without any euident cause, or when the body is consumed and wareth out of colour, and that the operacions vitall are weake, without sensible hurting of any other member, but the heart. And it maye chaunce of an apostéme, for the which there is no manner remedy, for al apostemaciō of ẏ hart is mortal. And debility of the hart may come of heat accydental, which one may know, when ther is a great heat in ẏ brest, and vehement thirst, and is quēched better in drawing colde ayre, then in drinking colde water.

Remedy

Remedy.

Giue him that hath a fæble heart, and redy to fainte, either for feuer, or for extreme heat, the weight of a frēche crown of Troſciſke of Camphore, with wine of Pomegranades, and lay vpon his breaſt toward the left ſide, a ſendall, or lynnen dipped in water of roſes and Vineger.

Alectuary.

In ſtæde of theſe troſciſks, yée may vſe a lectuary called Diamargariton frigidum euery morning a Loſenge. And it is good to giue him for the ſame fæblenes, conſerue of roſes, violets, water lilies mingled together, and after to drinke water of Borell, and to ſmell roſes, water Lillies, roſewater, & vineger. Otherwhiles and moſt oftē debility of harte chaunceth of a colde and dry cauſe, and is without feuer, with great feare and heuines, the remedy wherof is this.

Remedy.

Take of an electuary, called Diamuſcus, or of an other called Electuarium pliris, and vſe euery morninge a Loſenge, and drinke after it a litle good wine, or

Bugloſſe

Bugloſſe water, and annointe the breaſt with oyle of Spikenarde. Moreouer vſe once in a weeke fiue houres before meat: the weight of half a crown of good triacle or Mithridatum, ſo it be well tempered in a litle white wine with a few maces.

For the ſame.

Ye muſt giue the pacient often in the houre of his feblenes, Cloues, Cinamom Nutmigs, Betuale, of the roote of Coleworts if he hath not the Pthiſike, in which caſe he muſt abſtaine frō the ſayd things. And it is conuenient to giue him in that caſe good fleſh, and Potage without ſpices, and take euery morninge, a great draught of Alles or Goates milke, and Suger roſate.

For beating of the heart.

It is called of the Phiſicions Cardiaca paſſio, or otherwiſe tremor cordis, that is trembling of hart, & ſometime it chaunceth with a feuer, and ſometime without.

Remedy when it commeth with a feuer.

Ye muſt be let bloud of the liuer vayn, and drinke euerye morninge ſirrup of

Pomgranades, and Lemmons, the iuice of Sozell, oz one of them, with water of Roses, Purcelane, Succozy and Sozell. Mozeouer the paciente ought to smell thinges colde and swéet, as dzyed Roses, water Lillies, Violets, and vineger of Roses.

Also it is good to take an infusion oz lare of Rubarbe, ozdayned of some good Phisicion after the which it shalbe good, to apply vpon the left pap, a linnen cloth dipped in Plantayne water, Roses, Sorell, and a litle Vineger.

For trembling of the hart without a feuer, a remedy.

The pacient must take two dzammes of the electuary of Diamargariton calidum, and the thirde part of electuarium de geminis, then dzinke two oz thzée ounces of water of Bugloss, and Baume mixt together.

An other remedy.

Take Mastike, Lignum aloes, Cloues, Cinamom, Nutmigs, & Cubebes, of eche a scruple, pilles of Citrons halfe a dzam Doronici romani, and perles, of eche. rb. graines,

graines, Basill sæde. x. graines, Amber-grece, and muske, of ech. ii. graines, with conserued bugloss, or coleworts & sucket of Citrons, of ech half an ounce, make an electuary with. iiii. ounces of suger dissol ued in white wine and bugloss water, & vse of thesame euery morning. ij. drams, and drinke a litle good wine after it.

An other remedy.

Take water of bugloss, Baume, and Bourage, of all thræ together a pound, of white wine halfe a pounde, ponder of Sinamom, Cloues, and Nutmigs, of ech two drammes, mingle them all well to-gether and then heate it a litle, and dip a linnen cloth in it, or els a fearlet, and lay it to the left pap.

An other remedy.

We must make a bag of Sendall, of the said swæte spices, or other cordiall pou-ders, and lay it hot vpon the left pap.

An other remedy.

Take Pomanders made of Lapada-nũ, Lignum aloes, & citron pilles, Maces, Cloues, Borage flowers, Storax calamite Amber of grece, and a litle wax, and let

the pacient beare that, and smel it often.

An other medicine.

The maw of an olde cocke dried, and made in pouder is exceding good to drink in red wine, or swete wine with a litle Saffron.

For the same.

It is good to drinke euery morning iij. ounces of water of bugloss wherin hath bẽ soddẽ cloues. And it is good to drink in a morning iiii. ounces of Julep made of halfe a pound of baume water, & three ounces of Suger. The confection of Diaiacinthy, is singuler and excellente for trembling of the hart, but it is for noble men, not for poore folke.

For sowning.

SOwning is a takinge away of the feeling & mooning of the body by weakenes of the heart through to mutch auoydance of the spirites.

Remedy.

In somer for sowninge, sodainly ye ought to cast vpon his face colde water mingled with rosewater or vineger. And if ye stop his mouth, & nose, and bow

hi

his face vnto his knées, so lõge as ye stop your winde your self, ye shall forthwith recouer him. But if ỹ said souning come of the mother, ye must lay to the nose all stinking things & abhominable sauours, as partrich fethers brent, castor, & assafetida, or the snufs of candels. Moreouer ye ought to giue ỹ pacient a litle good wine, which is the cheife thing ỹ quickliest restoreth him as saith Aueroice in his vii. colliget. Afterward rub his armes and legges, & binde them hard, then prouoke him to nese putting a litle pouder of long pepper, Euphorbium, or Castor into his nose. And if by the sayd medicines, the pacient dooth not amende, this disease is incurable. And here ye may note, that if sowning come by great resolutiõ of spirits, as after great euacuation, either by sweat, flux of blood, or laske, ye ought not to cast cold water on his face, nor to bind his mẽbers, for that should do him hurt, but kepe him in a place without mouing and giue him to drinke a litle good wine, & nourish him with good light meats as pullets, chickẽs, capõs, partriches, veale,

mutton, and kid. Wherof yée may make him good potage, coleises or restoratiues, distilled or otherwise, as yée shall thinke conuenient.

The .v. chapter of remedies for diseases of the stomacke.

The chest of the body doth receiue the meate necessary for all the members in the stomacke, which is situate in the middes of the body, for to digest the same meat into all the members, to the which chaunceth debility or hinderãce of appetite, sometimes by errour of the eater in quality or quantity, and sometimes by reason of the the fleume that descendeth from the head like a reume.

Remedy.

Kepe abstinence, and eate soberly light meats, & drinke good wine, and but litle. Purge ỹ stomack, in taking pilles of simple hiera before meat. iij. or iiij. of the said pilles at four of ỹ clock in the morning. If the repletion be great, sleeping in the night, hee must lay his hand on his stomacke, or els lay a litle pillow of fethers on it, or a bag of woormwood and Margerum.

gerum. Somtimes there chaunceth such debility, not for reume, or meat or drink. but by viscous and slimye fleume in the mouth of of the stomacke, which causeth to engender abundance of ventosity, and maketh the meat to swimme with litle thirst. And sometimes with sower belchings, and inflations: such debility may not perfectely bee cured, but for a time mended with the remedies that folowe.

Remedies for weakenes of the stomacke.

First yée must take Pillule stematice ii. or. iii. houres afore meat, more or lesse, accordinge to the quantity of the fulnes of the stomacke, and after giue him euery morninge. ii. houres afore meat and one houre after supper, at euery tyme a Losenge of a lectuary called Diagalanga, or an other called Diaciminum, which Lectuaries do consume ventosities, and with their comfortable heat, driue away the colde and the windy complexion of the stomacke.

For the same.

Grene ginger is very good, taken as

is sayd afore of the electuaries. And it is holsome to eate afore your meate, anise sæds & fenell, and whē ye begin to eate, take a tosste dipped in soddē wine, or good Malmesey without drinking of the same wine, except it be a very litle after meat

An other.

Take Mastike, & Lapadanum, of euery one an ounce, mintes and Wormewood poudred, of eche a dram, Turpentine, as mutch as shall nœde to incorporate them together, make a plaister & spred it vpon Leather, and lay it to the stomacke. In stæd of the saide plaister, it is good to annoint the stomack with oile of spiknard, & mace, or to lay on it hot bread stæped in good wine, on the which bread straw pouder of cloues and Nutmigs.

Sometimes such debility of stomacke, cōmeth of hot causes, & then it is knowē by the litle appetite to meate, and great thirst and hedache before meat, and after it, commeth stinking belching, whereof sometime foloweth vomitinge, and is holpen on this wise.

Remedy.

In

In such debility, if there be great quantity of spittel, & much desire to vomite, it is good to take .x. drams of Hierapicra, with the decoctiõ of Cicers, or with .ii. or three ounces of water of wormwood, and after your meate, vse Coriander sæde prepared, and beware yee drinke not therafter, nor slepe in the day time.

To the same.

Mirabolans condite are very good for the same purpose, to bee giuen once in the wéeke, at foure of the clocke in the morninge, halfe an ounce, or a hole ounce euery time, and take away the stone that is within. If the saide debility of stomacke of hot cause, there bee not abundaunce of spitle, but drines of mouth, with thirst & vomiting, stinking and fumish, it is good to take euery morning sirrup of sorell, sirrup of roses, or sirrup of quinces, with endiue and succory water, and water soddē & cooled agayn & thē drinke Hierapicra, as afore is said, or take a purgatiõ, as is declared in ẏ payn of the head, cõming of choler. It is to be noted, ẏ for such debility of ẏ stomake, ye may

may not weare any cerote playster, nor bag, wherein is hot medicines, lest yee should augment ẏ cause, but it is cõueni-ent to annoint the stomacke with colde oyles, as be oyles of Roses, & Quinces, and if ye will haue a playster, make it of red roses and Saunders.

For abhorring of meat.

Sometime there chaũceth in ẏ stomak a disease called tastidium, or abhorring of meat, wherby the persõ against his will taketh in hate and abhomination al maner of meates, that is offered vnto him: likewise as a hole man taketh plesure & delite in his meat. The cause of this disease, is repletion of cholerik humors, or fleumatike, grosse & viscous, which are in the stomacke, & the pacient hath great thirst, a dry tongue, the mouth bitter and sometime doth vomit yelow choler.

Remedy.

Ye must purge the choler as hath bẽn sayd afore, and if the veines be great and ful of blud, ye ought to let him blud on ẏ right arme, & on that vayne which appereth most: and to quickẽ the apetite it is good

good to giue him to eate or drinke, such as the pacient demaũdeth, although it be not alwaies of the best. And also it is good to giue him that iuice of Pomegranads.

For belching.

Belching is a ventosity inflatiue expulsed out of the stomack to the mouth, and cõmeth by feeblenes, and litle heat of the stomack, which engẽdreth winde, wherfore it signifieth a cold complexiõ, which is cause of such vẽtosity after meat. And for this disease yee shall do as foloweth.

Remedy for windenes of the stomacke.

Abstain, frõ all fruites, & raw herbs, pease, beanes, garlike, onions leekes, Chesnuts, course meates, great repast, and slepe on the day, ye ought to take fasting, comfits made of anise, Fenell, cummin, and carreway seeds, or els pouder of the said things mixt with Suger. Also it is good to take in a morning two houres before meat a losenge of Aromaticum rosatum, and if ye haue an aking stomack & cold, it is good to take euery morninge a losenge of dianisi, or diaciminum, or some other

other comfortable losenge, & to drinke after it a sponefull of good wine.

An other remedy.

Ye may take a litle Galingale with a litle wine, or pouder of Cummin, with some good wine.

An other remedy.

Drinke euery morning fasting .iij. ounces of wine, wherein hath bene sodden bayberies, anise, and carraway sedes, of eche a litle. And if ye put to it a litle frankensence, it would be the better. And without, it is good to lay a bag full of camomill floures, rue, wormwood, and maioram made in pouder, or for to annoint the stomacke with oyle of wormewood, Rue, Spikenard, or Bayes. Sometimes latch belchinge and ventosity commeth before meat, & it is caused of fleume viscous, or watrish, that is in the stomacke.

Remedy.

Ye must purge the fleum with Pillule cochie or electuariū of diacarcami, as hath ben said in the remedy of pain of the hed caused of fleum. And ere ye giue the purgatiō, ye ought .iii. or iiii. mornings two houres

houres afore meat, to take .ii. litle spones fuls of sirrup of wormwood or of mints. After the which purgacion, it is good to anoint the stomacke with oile of Mastik, Nardine, wormwood, or lækes and for to weare vpon the stomack a cerote, being made like a plaster, which ye may bie at the Apotecaries, called cerotum Galeni, or a bag made of Maioram, and Camomill floures, & take euery morning a losenge of the electuary aboue named, or of Diagalãga. Itẽ ye shal note, that if the person cannot take a purgatiõ, to auoid sufficiẽtly the fulnes of the stomack which hinderth the digestiõ of meat, he must take a glister, & afterward pilles ef elephãgine or of hiera simplicis, before dîner or super. Moreouer, if before dinner ye fele an henines in the stomacke, yee ought to take one of the said pilles half an houre afore meate.

For the hicket.

Hicket or yeasking, is an euil mouing of the vertu expulsiue of the stomacke prouoked by ẏ vertu sensible, to expulse that doth anoy. The said hicket doth sõtimes happẽ by resõ ef emtines, by debility of ẏ

stomack

stomake after long sickness, or by flux of bloud or laxe, or by some other straunge euacuation, which is very perillous, and oftentimes mortall. Therfore it is good to giue restoratiues to the pacient, and to giue him soft egs, almond milke, hulled barly, coleise of capons, or other thinges of good norishment, and of easy digestiō.

Also ye ought to stop the laske, and to make the pacient to slepe longe, & anoint the stomack with oyle of swæt Almons. Sometimes hicket procædeth of repletion of matter humours, or of drink and meate which engender grosse ventosity, and not very easy to consume. If the stomack be ouercharged with meats, kepe a long abstinence till digestion be dun, or els vomit and anoint the stomacke w̄ oyle of Dill, Mastike, wormewood and Castor. If humors conteined in the stomack because of the sayd hicket, take an ounce of Hierapicra w̄ water of wormewood, or els pilles Ante cibum. iii. or iiii. houres before meat, & euery morning following ỹ operacion of the sayd hierapycra, take a losenge of Dianisi or Diacimi-

num,

num, or els a few anise séeds & caraways.

Regement for all maner of hicket.

It is good to kepe longe and often his breth, to néese, to trauel much, to endure great thirst, and also to slepe longe. And it is good to caste colde water in the face of him that hath the hicket, and to threaten him, and so put him in feare, and to anger him, or els to prouoke him to heauines, for by these thinges, the naturall heat is reuoked and fortified, within, and causeth the hicket to cease.

For vometing.

Vomiting commeth sometimes without great violence, & therby one getteth helth wherfore ye néed not giue him any remedy, for it is a good action of ỹ natural vertue of the stomack. Sometime vomiting cõmeth by a great violẽt mouing of the vertue expulsiue of the stomacke, for the euil things cõteined in thesame.

Remedy.

One may well helpe a man to vomit, geuing him warme water with a litle oile to drinke, or els to put the finger in his mouth very lowe or a fether wet in oyle,

oyle, the beter to vomit, and mundify the stomacke, if so be the person haue a wide throte, and that vomitinge do not hurte him much, as be they that haue but smal and straight throtes, and longe neckes and leane, and he that hath an euil sight, for all these it is euill to vomit.

Sometimes vomitinge commeth by weakenes of the stomacke, caused of a hot and euil complexion, ye shall heale it after this manner.

Remedy

Take sirrup of roses, quinces, mitilles, with water sodden, and colde againe: or els water of purselane for to refresh and quenche the thirst that chaunceth commonly in sutch a case. And it is good to anoynt the stomacke before dinner and supper, with an oyntment made of oyle of roses, and quinces, with iuce of mints and a litle war, or els to make a plaister of mintes, roses, wormwood, and oyle of roses, and lay it to the stomacke.

An other.

Take Frankensence, Mastik, of ech halfe an ounce, made in pouder, & mingle thē together

together, with the white of an eg, and a litle barly floure, then spread it on a litle tow, & lay it to the mouth of the stomack. At ỹ latter end of dinner, it is good to take a mosell of marmalade without drinke.

Sometime vomiting procedeth of euill and colde complexion of the stomacke.

Remedy.

Anoint the stomacke with oile of spikenarde and mastike, or els make an oyntmente of the sayde byles, with a litle mastike, corall, aud war, and annoint the stomacke morning and euening.

An other medicine.

Make a bag of wormwood, Maioram, and drye mintes, of eche a like handefull, cloues, galingale, and nutmigs, of ech half a dram, the said thinges poudred and put betwixt two linnen clothes with cotton enterbasted and applied vpõ the stomack, are of wonderfull operacion. In stæde of this ye may take the sayd herbes dried on an hot tilestone, and put them in two linnen clothes vpon the stomacke.

An other manner.

Yé maye take a tosse of breade and

ſtiepe it in the iuice of mints, and caſt vp-
on it pouder of maſtike, then lay it vpon
the ſtomacke, & from thꝛée houres to thꝛée
houres, let it be renewed.

Otherwiſe.

Take two handfulles of mintes, and
a handfull of roſes ſod in wine, than take
two ounces of toſted bꝛead, and moyſte it
in wine, and incoꝛpoꝛate it with pouder
of maſtike, and the ſayd roſes and mints,
and make a playſter, whereof one parte
muſt be layed to the ſtomacke when the
pacient would eate any meat.

The ſaid playſter is alſo good in all hot
cauſes, if foꝛ the ſayde wine, ye ſeeth the
mintes and roſes, and ſtiepe the toſte in
vineger.

To comfoꝛt the ſtomack after vomiting

It is good to giue vnto the paciente e-
uery moꝛning an oũce of ſirrup of woꝛm-
wood, oꝛ mintes, in ſteede of which it is
conuenient to take a loſenge Aſſaromati-
cum roſarum, oꝛ Diagalanga.

For the ſame.

Take euening and moꝛning .iii. houres
beſoꝛe meate, .ii. cloues in pouder with
ſponeful

ſponefull of the iuice of mintes, or halfe a ſponefull of rue, dried, with a litle wine. Alſo it is good to take pouder of cloues, and Lignum aloes, the weight of a crown, with wine two houres before meat.

A gliſter for the ſame.

And here ye muſt note, that in all vomiting, if the pacient be hard bellied, it is good to take an lenitiue gliſter made of ỹ decoction of march mallowes, mallowes, violets, and Barly, with oile of Violets, ſyrony of roſes, and a litie Caſſia.

And if the vomiting come of coldnes of of the ſtomacke, or of colde water contayned in it, ad vnto the ſayd gliſter, wormewood, Iſop, rue, and camomill in the ſæthing. And for oyle of violets, take oyle of camomill, or of lylyes, and giue the pacient a pill of maſtike before meat. And yæ ſhal vnderſtand, that mintes brayed, and mingled with oyle of roſes, and applyed vpon the ſtomacke, is very good for all vomiting.

For payne of the ſtomacke.

Ache or payne of the ſtomack commeth ſometimes of wynde, and it is called

doloure extensiue, the whiche is holpen with applyinge thereto a spunge wet in wine wherin hath bæn sodden woozmewood, rue, and camomill.

Also ye may helpe it as hath bæn sayd in the remedy of hicket oz yeasking, and as shalbee sayd hereafter in the remedye foz all paynes of the stomacke.

Sometymes the sayd payne commeth of replecion of humours, and it is called Dolor agranatinus. Which ought to bee cured by purgacion, in geuinge of Cassia, newly drawen out, Hierapicra, oz pilles Stomaticas, oz of hiera simple, taking some sirrup befoze the purgacion, as is shewed in ỹ remedy of debility of stomack. Sometimes paine of the stomacke commeth of choler, oz salte fleume very sharp, and the paciẽt hath bitter taste oz salt with great thirst, and he feleth heat and mozdication. Wherefoze it is good to drinke sirrup of roses, oz occi saccarum simple with sodden water and coled. In stæd wherof ye may take endiue water, succozy and purselane with one part of woozmewood water, and then take an euacuatiue that purgeth

choler

choler, as is said in the remedies for pain of the head comming of choler, or let the pacient vomit, in geuing a sharpe sirrup of sorell, with warm water, than put his finger in his mouth, so that hee may vomit. Sicke folkes often diseased in the stomacke, demaunde nothinge els, but to take away the payne, not regardinge the time while the matter may be purged by vomiting, glysser, or other lares.

Also there chaunceth sometime so great payn and sharp, that for debility of vertu, it is good to leaue the cause and stycke to the swaging of the payn: wherfore it behoueth to procede in manner folowing.

Remedie for all paynes of the stomacke.

TAke Camomill, melilote, wormwood, mallowes with their rootes, leaues of bayes, Parietary, and penyriall, of eche a handful, linesed a pound, fenugreke half a pound, anise and fenell sede, of ech half an ounce.

The sayd things bruised and well sodden in water, wet therein spunges, and the licoure well pressed out, and applyed

vnto the stomack, one after an other, and warming them againe, when they begin to coole, swage all manner paynes of the stomacke. And afterward yee must annoynt the stomacke with oyle of Dil and Camomill.

An other remedy.

Take an hogges bladder, and fill it of the sayd decoction, and lap it in a linnen cloth, and lay it to the stomack and warm it againe when it is colde.

But after yee haue made diuers sutch applications, ye must anoint the stomack with the oyle afore sayd, if the payne bee remouing frō place to place, it signifieth it commeth of ventosity. Therfore lay vnto it a bag full of meale, Saltem, and Cuminin dried together.

An other remedy.

Take a sponefull of hot ashes, dewe them with good wine, and couer them with a linnen cloth: that it goe rounde about the spone, and lay it to the stomacke.

An other remedy.

Take a sheaue of bread metely thick, tosse it, and wet it in hot oyle of camomil

as

as hot as it commeth from the ouen, or in oyle of spike, and wrap it in a linnen cloth, and lay it vpon the payne.

An other remedy.

Put a greate boringe glasse vpon the nauill, and let it be there one houre.

An other remedy for payne of the stomacke.

Take two drammes of Diaciminon, of Dianisi, of diagalanga, and drinke it with a litle good wine, an houre or two before meate. To drinke two ounces of Malueisi, with a litle of one of the sayd electuaries, is very good for sutch paynes as procæde of coldnes or ventosity.

An other remedy.

Take a dram of Galingale in pouder and giue it to drink with a litle hot wine and aboue all thinges for payne of ventosity, a singuler remedy is to drinke a litle Castor, with good wine.

An other.

Likewise to drink .ij. houres before meat thrée or .iiii. ounces of ℈ decoctiõ of mints anise séeds, cummin & fine frankensence.

Also it is good to drinke an electuary

called aromaticū, wherof ye may receiue one losenge euery mozning fasting.

An other speciall medicine.

Take half an ounce of iuice of mints, and two dzams of the iuice of wozmwood lignum aloes, & cloues, and xilo balsamū, of ech in pouder half a scruple all mixt together, and dzonke warme. ii. oz. iii. houres befoze meat, are exceding pzofitable.

The sixt chapter, of remedies for diseases of the liuer.

The liuer is one of the pzincipal members and cheife instrumente of generacion of bloud, and of other members: it lyeth on the right side vnder the shozte ribs, the which is ozdained to digest the meat the second time, and therof to make humours that nozisheth all the members of mans body, by his naturall heate, comfozted by heat of the hearte. But sometimes it is greped by bloud, into mutch aboundance, oz by colerike humours, which cause to great heat, oz els by fleum that doth diminishe the same.

A remedy for an hot liuer.

If the liuer be to hot, because of to much bloud,

bloud, the perſõ hath red vrin, haſty pulſe his veines great & ful, and he feeleth his ſpattle, mouth & tonge ſweéter thẽ it was wont to bée, wherfore it is good to bee let bloud of the liuer vain on ẏ right arme, & to vſe lettuce, ſorell, purſeland, and hops in pottage, and ſometimes to drink of the water of the ſayde herbes laſtinge, or els endiue water to refreſh the liuer.

Regiment for diſeaſe of the liuer comming of bloud.

YÉe muſt abſtain from drinking wine and eatinge of fleſh, and if at meate or drink ye muſt otherwiſe, the wine ought to be watred, and the fleſhe boyled with lettuce and ſorell. It is better to drinke ptiſan, or ſtale cider, & eate broth of peſon, almõ milk, hulled barly, or roſted appels, and damaſke prunes, whiles the heat bée deminiſhed. And yee ought euery day to prouoke the duty of the wombe, either by meanes of ſuppoſitory, or els otherwiſe.

If the liuer bee ouer hot with choler, ẏ pacient hath his vrine cleare and yelow without meaſure, great thirſt without appetite, and feleth great burning in his body,

body, and cõmonly hath his belly bound, and hath his face yelow.

This diſeaſe of the liuer chaũceth moſt in ſommer, and for it ye muſt take twiſe in a day an ounce of ſirrup of Endiue, or Violets, with a good draught of Pitiſan, drink it two or thræ houres before meat, and alſo at night to bedwarde, and ſo to continue thræ or foure dayes.

In ſtæde of the ſayd ſirruppes yee may take thræ oũces of ptiſan, or thræ ounces of water of endiue, cikory and ſorell medled together, for eche time. Then the fifth day in the morninge earely, it is good to drinke a purgacion that purgeth choler, which ſhalbe made as foloweth.

An excellent purgation for to auoyd choler, and may be giuen to men of all ages.

TAke halfe an ounce of Caſſia newely drawen, a dram of good Rubarb infuſed a night in water of Endiue, with a litle ſpikenard, and an ounce of ſirrup of violets, mixte all the ſayde thinges with thræ ounces of ptiſan or whay, and drink it warme, as afore is ſayd in the other.

Boles

Boles for the same.

In stede of the sayde medicine (which is to costly for poore folkes) ye may make boles of halfe an ounce of cassia and three drams of Electuarium de succo rosarum, and eate thē three houres after midnight and slepe after it, but all the day yee must kepe the chaumber, and if yee had rather drinke it than eate it, mixe the sayd boles with whay or Endiue water, and drinke it at fiue of the clocke in the morning, but slepe not after it.

Other medicines laxitiue.

Take halfe an ounce of Diaprunis laxatiue, mixt with three ounces of decoction of French prunes, water of succory, and drinke it warme at fiue of the clock in the morning, or els six houres afore meate. In stæd of the said diaprunis, ye may take halfe an ounce of Electuarium de succo rosarum, and make a laxe as afore is sayd.

And it is to be noted, if the pacient bée very weake or easy to worke vpon, yes may take awaye a dram both of the Diaprunis, and also of Succo rosarum. After the sayd purgacion, it is good to refreshe the

the liuer with layinge to without on the right side, vnder the neither ribs, a playster of Cerotum scandalinum spred vpon a linnen cloth of the bignes of foure fingers, or bath the said place with a linnen cloth wet in water of endiue, plantaine and roses, warmed together. Moreouer it is good to take euery morninge before meat, a losenge of Triasandali, & to drinke after it endiue water three ounces.

Regiment for heat in the liuer.

The pacient must abstaine from flesh, and saltfishe, strong wine, garlike, onions mustard, and such other hot meates. It is good to vse broth of pese & veriuce, lettice, popy, spinage, and borage and somtime a litle vineger, if hee bee not greued in the stomacke. This regiment is good also in time of pestilence, and of to great heat.

A iulep for heat of the liuer.

TAke halfe a pounde of rosewater, one quarter of water of endiue, and fiue ounces of suger. make a iulep, of which ye shall drinke fasting a good draught. And if ye will needes drink for thirst betwen meales, let it be mingled with two parts of

of water of the well. And if ye will haue it more cooling, ad vnto it two ounces of vineger, or the iuice of a pomgranade. If the liuer be colde, for the fleumatike matter that is in it, the person hath water white, and out of colour, the face pale, and his mouth watry, litle bloud, and feeleth heauinesse about his liuer.

Remedy.

He ought to drinke in the morning early, three or foure times a sirrup called oximel diureticum, with the decoction of smalage and parsely, or with waters of smalage and fenell, and after he must take to purge the fleume a medicine made as followeth. Take fiue drams of Diafinicon if the person be strong, or halfe an ounce if he be weake, and distemper it in foure ounces of the decoction of the rootes of smalage, persely, fenell, and drink it luke warme fiue or sixe houres afore meat.

In stede of the said medicine one may giue two drams of agarike in trosciks w water of smalage, or els good fenell.

An other medicine laxatiue.

Take halfe an ounce of Diacarthamy, or

halfe

halfe an ounce of Diaprunis laxatiue, or as much of electuarium dulce with three ounces of persely water, smalage, Isop, or fenell, take it fiue houres afore meate.

Regiment.

The paciente must drinke good wine, & vse ginger, cinamom, graines of paradise Anise, and fenell, and hot herbes in potage, as Sage, Isop, Time, maioram, and auoide all rawe fruites, and also rawe herbes. Moreouer it is very good to make a plaister of smalage, wormwood, Spikenarde in ponder, with oyle of dill, mingle it and lay it vpon the liuer.

Against stopping of the liuer called oppilacion.

OPpilacion or stopping commeth some time in the holownes of the liuer, & it is knowen by compassion and payne of the stomacke, and is healed by medycines laxatiue, as is declared before.

And sometime the oppilacion is in the vaines of the holow part of the liuer, and is perceiued then by the greif, which the paciente feeleth in his backe and in his reines. And it is healed by things that o-

pen

pen, as by sirrups of the three rots, sirrup of Bisantius, sirrups of Maidenhaire, and by drinking the decoctiõ of raysins, fenel, persely, smalage, Cicory, or waters stilled of the same herbes. Also rootes of Alisander is good for the same &c. Sometimes the sayde oppilacion commeth of grosse bloud, earththy, and Melancholike, which the members send vnto the liuer, and because that such engendred bloud can haue no yssue, nor hath any way to departe to any other mẽbers, therfore bee the vaines of the liuer stopped vp, by the grosenesse of the sayde blud. And it is knowen by the water, that is very hie coloured, & clære.

Remedy.

Giue the pacient medicines that perce and subtile, as is wine of pomgranades, sirrup of endiue, with the decoction of Cicers. Thẽ let him bloud on the liuer vayn and euery morning eate a losenge of Tryasandaly. Sometime the sayde oppilacion commeth of aboundance of some humour biscouse colde and fleumatike, stoppinge the vaynes of the liuer, & then the vrine is as clere, as clere water.

Remedy

Remedy.

The pacyent muſt dzinke euery mozning the ſirrup of Oximell ſquilytike, w half a dzaught oz moze of the decoction of rootes of ſmallage, fenell, and perſely. Sometimes vnto women commeth oppilacion of the liuer, by receiuing of their purgacions. Wherefoze it is good to let them bloud on the vayne called Saphena, which is aboue on the hyer ſide of the inſtep. And let them take after the chaunge of the moone, ſeuen oz eyght mozninges an opiat called Trifera magna, euery time an ounce. And after dzinke thzæ ounces of water of mugwozt, Iſop, and fenell oz the decoction of theſe herbes, oz els the rwts apperitiue, which be ſmalage, perſely, fenell, Aleſander and aſperage, boyled in water with the third part of odoziferous white wine.

Medicines for the liuer that may be eaſily had at all times.

Take a good handful of liuerwozte, y groweth vpon the ſtones, and an other of fumitozy, with as much of hartes tonge and ſeeth them in whaye clarified, and dzinke

drinke them euery day twise.

The lyuer of an hare dryed and made in pouder, is good for all diseases of the lyuer as affirmeth Auicen, and other of the Arabians.

Also for heat in the liuer seeth Barberies in whey, and drinke them.

The.vii.chapter, against the diseases of the gall.

THe gall is placed in the holownesse of the liuer, to receiue the superfluity of choler, and to send it to the bowels to bee auoyded with the grose excrementes, to the intent to clense the bloud of the sayd choler.

To the which there cõmeth oftentimes applications in the parties about, by the liuer, or beneth in it self, next the bowels causing great pain, by reason wherof, the choler turneth againe vnto the liuer, and there is mingled with the bloud, & spread abrode into all the vaines of the body, and bredeth a disease named Jaundis (Icteritia in latin) wherof be three kindes, ý is to say, yelow Jaundis that procedeth of choler, called citrine or yelow grẽn Jaundis.

which procédeth of grẽne choler, & black iaundis, that procédeth of blacke choler, which is called melãcholy, and commonly cõmeth of the oppilacion of the splene.

Remedy for Iaundis.

If the Iaundis happẽ in an ague before the seuenth day, the paciente is in great daunger of his life, as Hipocrates sayth. But if it appeare in the first day, being a day iudiciall or cretrike of the ague, or after, it is a very good signe.

And then ye must succour nature, in refreshing and digesting the choler, with sirrup of violets, giuen in the morninge with water of morell, or sirrup of endiue with water of Cicory.

After this purge the choler as is sayd in remedies of the lyuer. And then giue him a Losenge of Triasandall, with Rubarbe, euery morning two houres before meat, and drinke a litle water of endiue, and Cicory, afore the sayd Losenge.

Moreouer, it is good to bath the liuer, as it is sayd afore, and wash the pacients eyes with vineger, and womans milke, and drinke a Ptisane made of Barley,

Likorice,

Likorice, Prunes, and the rootes of fenel. And if (when the feuer is past) the Iaundis tarieth still, the pacyent must drinke water of Fenell, and Rozell, with the sirrup of Occisaccarium composte, and it is good to laye a quicke tenche vpon the lyuer.

Iaundis sometime commeth without feuer, and may be healed by things that I declared here before, or thus.

An other remedy for the iaundis.

Take foure ounces of radish, and giue it the sicke to drinke fiue mornings, three houres before meat. In stæd wherof it is good to drinke euery morning foure ounces of the decoction of horehounde, made in white wine, or as mutch of the decoction of Cendody and Barberies, with a litle Hony and Saffron.

An other remedy.

Take wormes of the earth called Angle wytches, and wash them in white wyne, then dry them & drinke of them a spone full at a time, with white wine.

An other.

Ye may let him drinke seuen or viii. daies together in the morninges, a good draught of the decoction of Politrichon, or of maidenhaire. The decoctiõ also of wood bind, or the water of it distilled in a common still, is a soueraine medicine for the sayd disease.

An other singuler remedy.

Take cowes milke and white wine of eche a pinte, and distill thẽ in a still, kepe that water a monthy, and then giue it to the pacient thræ ounces in the morning two houres afore meate, and likewise after supper, when he goeth to bed.

The eyght chapter, for diseases of the Splene.

The splene is a member longe, soft and spongy, beeing in the lefte side ioyned vnto the holownes of the stomacke, and to the thicke endes of the ribe, and to the back, the which is ordained for to receiue the melancholy humours and to clense the bloud of the same, for by that meane the bloud remaineth pure and neate. Wherefore it is good nourishinge for all the members & is the cause that maketh

a body merry, but oftentimes there happeneth oppilation or debilitye, whereof commeth the blacke Jaundis.

And sometimes it is greater, fuller, or grosser then it ought to be, by ouermutch melancholy that is not natural, caused of the dregs of the bloud engendred in the liuer, and doth hinder generacion of good blud where through the mẽbers become drye for defaute of good nourishinge. And therfore the pacient is called splenetyke, which ye may know by that after meate, they haue payne in their left side, and are alwaies heauy, and hath their faces somwhat enclining vnto blacknes.

Remedy.

In oppilations and apostemes of the splene, whither it be of hot humours or of cold, he ought to be let blud on the splene vaine called Saluatella, which is in the left hande, betwæne the litle finger, and the nert finger which they call Medicus. And ye must draw out but a litle bloud.

And if the pacient fæle a burninge on the left side, and hath a dry tounge without appetite, it signifieth, that sutch dis-

eaſe of the ſplene, is cauſed of an hot humour. Wherfore yee muſt giue the patient foure or fiue morninges faſtinge ſirrup of endiue water, and hartſtong, then a purgation made as foloweth thus.

A goodly purgation to auoyde melancholy.

TAke halfe an ounce of Succo roſarum, and three ounces of the decoction of the rootes of Capparus and hartestonge and make a drinke, the which yee may minyſter in a good day to take purgations, ſixe houres afore meat.

Another.

In ſtéd of that drinke ye may temper halfe an ounce of Caſſia, and thrée drams of Diaſeny, in. iii. ounces of Whel or hartſtong water, and drink it as is aforeſaid. After the ſayd purgacion, ye ought to annoynt the ſplene with oyle of violets, or oyle of Linſéde, or to make a playſter of the ſayd oyle and Linſéde, and the rootes of Capparis, and lay vpon the ſplene.

Alſo after the ſayd purgacion, it ſhall be good to lay vpon the ſplene, nightſhad purcelane ſéde, and pouder of plantayne

mirte

mirt with vineger, like a playster, and if the pacient haue more appetite then hee can digest, and that hee haue belchings of the stomacke, sometimes soure in the mouth, it signifieth ỳ the passiõ splenetik, commeth by a colde humour melancolike

Remedy.

Yee must drinke sirrup of Sticados, or hartestonge, or Oximel diureticum with water of the decoction of hartestonge, Epithime, smallage rootes, parcely rootes, Tamariscus, and mintes, or els only with the decoction of hartestong, and rootes of capers. And then after purge it frõ sutch melancholy humor, with an ounce of Diacatholicon, & two drams of Diasene, dissolued in thræe ounces of the sayde decoction or water of wormwood or hartestong.

And after this ye must anoint the side of the splene, with oyle of Lyllies, oyle of dill, fresh butter, mary of an Ore, & hens greace, or of a dog medled together, or anoynt the sayd side with Dialthea.

And the pacient ought to drinke white wine, and the decoction of harteſtonge, euening and morning, takinge two figs,

with pouder of Isop, Pepper or Ginger; but hee may put no water in his wine & oftentimes he must eate Capres, with a litle oyle and vineger.

If for the oppilacions of the splene the paciente hath a pale colour, or leady in the face, and a whitenes of eyes, takinge awaye of appetite, paine in the lefte side with hardnes, and hath his excrements blacke, it is a signe of the blacke iaundis.

An expert medicine for all diseases of the splene.

TAke the leaues and cods of Senye the barke of an Ashe tree scraped, and cut Maidenhaire, Hartstonge and Likorice, seeth them all in clere whaye, and after they be straind, drink of it twise or thrise a day till ye be amended.

Remedy for the blacke Iaundis.

YE must giue sirrups and purgations, as afore is sayd, and to be let bloud of the vain Saluatella, and afterward diuerse times eueninge and morninge, to applye ventoses vpon the splene without sacrykyng. Afterward ye must lay on it a lyst, wet it in good vineger, and kéepe it there so

so longe as the heate remayneth in the sayde lysse, and warme it three or foure times.

Afterwarde annoynt the splene with Dialthea, & so continue foure or fiue daies and other foure or fiue daies lay vpon the playster, made of two ounces of Gumme armoniake, dissolued in vineger, and spred vpon lether. And if by the forsaid things the paciente be not eased, the doctours of phisicke say, that he must receiue the medicines againe, at the least once in euery month, for halfe a yere together.

Regiment for all oppilations.

The pacient ought to vse things of easy digestiõ, and in small quantity, and ought to abstaine from bread too litle leuened, Cakes, Tartes, pasties, Pies, hogs flesh beife, and poudred meates and fumishe. Fish, Lemons, Peason, Beanes, Wilke, cheese, rise, and firmenty, all fried meats, drinke after supper, wine and Appels, which with al other like trouble the body Also yee must abstaine from mutch mooing or exercise by and by after meate.

It is good to vse Capres, Asparage, hops

broth

broth of dried peason, with parsely, or his rootes, small birdes of the field, kids flesh yonge mutton, lambe, chickins, Fesants, snites. partriches, scaled fishe, of swéete running water, with persely, and vinegar. New layd egges potched in water, are very holesome, and yee maye drinke white wine or claret, onely at meales.

Also it is good to vse cresses, sage, Isop mints, fenell, & persely, succory, Scariole, and béets, and singularly, to take fasting, halfe a sponeful of red coleworts sodden, and to eate often anise sédes, and Fenel.

The ninth chapter for diseases in the bowels.

In a perso bée fyre guts thrée smal which are situate ouer the nauill, & thrée great which are placed vnder the nauill.

The first is called Duodenum, because it is .xii. ynches long.

The second is called Ieiunum, for that nothing remayneth in it.

The thirde is called Ilis, because it is long and small.

The fourth which is the first of the great ones, is called Monoculus, because

it is like a sacke, and hath but one mouth, and in that same sometimes are wormes engendred of ventosity, that causeth pain of the belly on the right side, which is not the very cholike.

The fifth they cal Colon, because it hath many holow places, & it procædeth from the right side vnder the liuer, and it maketh his reuolucion vnto the lefte side, wherin is ingendred the cholike, which is dispersed by all the belly, more then by any other disease.

The sirt is called Rectum, bicause it is nie vnto the leste kidney, and goeth euen right downe in the foundament.

Hipocrates calleth the thræe bowels ỹ arnert the stomack Ilia, that is to say, small guts, and the paine of one of thē is called Iliaca passio, a very sharpe payne. Rasis calleth it Domine miserere. Likewise also Colica passio, is called of the gutte Colon, which two diseases are sisters, forasmuch as they come oftētimes both of one cause ỹ is to say of the oppilacion of the bowels Remedy for the cholik, and of Iliaca passio. Forasmuche as thole diseases are ercæ-

ding

ding eyger, sharpe, and almoste impor-
ble of paine, whereof manye times folo-
weth defection of the strength, with va-
riety of medicines, ye ought incontinent-
ly for to helpe them.

First when the said paines come by the
stopping of the belly, ye must giue him a
glister mollificatife, made of the decoctiõ
of malowes, violets, bætes, anise sæde, &
Fenegreke, with Cassia, and common ho-
ny, and oyle Diue, and afterwarde the
herbes of the sayd glister bruised and fried
and layd hot betwirt two linnen clothes,
and applyed to the belly.

And if by this meanes the paine cease
not, let the pacient sit vnto the buttockes
in the sayd decoction, and after with Dial-
thea and butter, anoynt the nauill. And
if the said glister do not worke sufficient-
ly make another of thesame. Or els giue
him a suppository which is long inoughe,
made of pure hony, and Salgem.

For the windy cholike.

Through windines oftentimes com-
meth the colica passio, or iliaca, and then it
appeareth that the paine is changeable,

and

and mouing from place to place, and is knowen also by the rumbling, which is a noyse in the bowels, with gripinge, and great payne. Remedy.

Take mallowes, bëetes, and mercury, of eche a good handfull, Maioram, Rue Bayes, and camomill, of eche a litle handful, anise sëedes, cummin, of ech an ounce make a decoction, and take therof a pinte and a halfe, and dissolue in it an ounce of Cassia, halfe an ounce of triacle, and thrëe ounces of oyle oliue, or of camomill, and make a glister, the which must bee giuen warm vnto the pacient, long before or after meate. In stëede of the sayd glister, ye may giue him a pound of oyle of linsëede, which is a singuler thing to take away al diseases of the belly. Also it is good to make a mixture with oyle of hempesëed.

For to appease the paine caused of winde.

First make a glister of Maluesay, oyle of camomil, or dil. If for the sayd glisters the paine cease not, or els the pacient wil not take them, take a great sponge or els a felt of a hat, and wiepe it in wine of the decoctiqn

decoction of rue, camomil, maiozam, anise sædes, and cummin. And afterward lay it vpon the pain, as hot as the paciente can suffer, & foure times in the day it is good to let him drinke wine, wherin hath bæn sodden rue sæds, carawaies, and cummin Drinke at euery time a litle draught, and eche day kepe abstinence from eating & drinking mutch of other things till ye be perfectlye whole.

A suppository for the windy cholike.

TAke a dram of rue, in fine pouder, and halfe a dramme of cummin dryed and poudred, and with hony scummed, make a suppository.

A playster for windy cholike.

Take two handfuls of rue, in fine pouder, Mirre, and cummin poudred of eche halfe an ounce, foure egges yolkes, and make two plaisters with Hony, and lay on the one at night, and the other in the morning, vpon the belly.

Water of camomill or a decoction of the same drunken, is good for them that haue sutch diseases. Also a dryed Akorne in pouder, and giuen to drink with white wine

wine is very good.

If ye know that the paine of the belly commeth through winde, apply vpon it a great ventose without incision, for by ỹ meanes ỹ said pain wil surely goe away, or diminish. If not, it sheweth that ther is some humors that causeth the sayd payn as fleum or choler. If by fleum it cõmeth ye must make a glister of a pinte of ỹ decoction of camomil, rue, wormwood, maioram, melilot, Centaure, anise sæds, & fenel & in the same decoction put half an ounce of Hiera picra, or half an ounce of Diasinicon, & thræ ounces of oile of dill, or of Lillies. Also ye ought to giue to ỹ paciẽt sirrup of wormwood, & to make application vpon his belly as hath bæn said afore, or to lay vnto it gromill sæde, and bay salte dried together, which layd vpon the belly, is likewise good for the windy cholike.

If after ỹ said things the said pain cõtinueth, ye must make a purgaciõ as folowеth

A purgacion for cholike, comming of flume.

TAke fiue drammes of Diasinicon, thræ ounces of wormwood water and make

a drinke, the which receyued fastynge, foure or fiue houres afore meate, is very profitable.

For payne of the cholike comming of choler.

If the sayd payne commeth of choler, which is knowen when by the applicatiõ of hot thinges the paine encreaseth, yee muste make a glister of violets, or giue him halfe an ounce of Succo rosarum with ptisan, endiue water, or wine. And ỹ next morning let him drinke a ptisane, of the decoction of prunes, & violet floures, and annoynt the belly with oyle of violets, or wet a linnen cloth in cold water, and lay it thereupon. If it doe continue styll, the pacient must bee set in warme water vp to the hanches, and if the payne come of colde, ye must annoint his belly with oile of bayes and goose grece.

For the windy cholike.

If it be winde, make a glister of new milke with a litle oyle, & the yolke of an egge, for it is very good. Also it is good to let him drinke a dram of Hiera picra simplex, with two ounces of water, of Cardo bene-

benedictus, or purselane or wormewood, and to make a playster of leeke leaues fried in oyle and vineger, and layd vpon the belly.

Likewise it is good to drinke the iuice of Enula campana, or the sirrup therof and to weare a playster vpon the belly, made of hony, wormwod and Aloes.

A glister for all cholike.

Take the oldest Cocke ye can get the which must be wel beatē with smal rods, and then choppe of the head, and put in a good sufficiency of water, and scalde him and trim him for to seeth. And within the belly of the sayd cocke, put anise sēds, fenell, cummin, Polipody, and the sēdes of Cartami, of eche halfe an ounce, Turbith, Sene, and Agarike, bound surely in a linnē cloth, of eche two drams, flowers of Camomill an handfull, seeth them vntill the flesh goe from the bones, and take of the sayd decoction a pound, and a quartron of oyle of Camomill and Dill, and three or foure ounces of egge yolkes, make a glister, which must bee giuen warme, longe before or after meate or drinke.

Pillule cochie are very good for the said disease, specially when the glister dooth not suffise to purge the cause of the same. Also Diamusci and Diaciminum are very good lectuaries, if ye take of one of them a losenge fasting .ii. houres before meat. Likewise it is good to take Mithridatum, with a litle white wine, or with the decoction of camomill, foure or fiue houres after dinner, if his belly be naturally lax, or els by some suppository or glister.

Against disease of the raines of the backe, and the loynes.

PAine of the reines is called Nephretica passio, & commeth of some stone or grauell, and it is most like vnto the colike in cure, but in causes they be cleane contrary: for the colike beginneth of the lower partes on the right side, and goeth vp to the hier partes on the lefte side of the belly, and it lyeth rather more forwarde then backward: but Nephretica passio beginneth contrariwise aboue, descending downward, and euer lieth more towarde the backe.

Also Nephretica is painfuller afore meat and the colik is euermore greuous after.

And often the colike chaunceth sodeinly, but Nephretica contrary, for commonly it commeth by litle & litle, for euermore before, one shal fele paine of the back with difficulty of vrine. Item there is more difference for ỹ colike sheweth vrines, as it were coloured, but Nephretica in the beginning is clere & white, like water, and after wareth thicke, & then appeareth in the bottome of the vessel, like red sand or grauell.

Remedy for paine of the reines.

YEe must vse things aperitiue, to cause you make water, but afore yee ought to loose the belly in takinge an ounce of Cassia, an houre before meate: but if your belly be hard bounde, yee must take a glister made as hereafter foloweth, before ye take the saide Cassia.

A glister for Nephretica passio.

Take of marche mallow rootes two ounces, mallowes, Violets, Beetes, and marchmallow leaues, flouers of camomil and Melilote, of eche a handfull, Melon sede and Anise sede of eche half an ounce wheate vranne an handful, & decoct it, and

take therof halfe a pounde, and distemper in it an ounce of Cassia, & an oũce of course suger. y. ounces of oyle of violets, and an ounce of oyle of Lillies, make a glister. In stéd therof yée may take cowes milk, with two eg yolkes, in mãner of a glister And it is to bee noted, that in sutch a disease the glister must be great in quantity, or els yée should make wrestinge and rumbling in the belly, which should be an occasion of moze payn. After this operation, if the payn be not appeased, ye must giue an other glister, after the operation of which, the paciente ought to goe into some bath, vp to the nauill, wherin must be sodeen mallowes, marche mallowes, beetes, pellitozy, linséed, Fenugreke, and flowers of camomill, with melilote, al put in a bag in the sayde water and rub him with it: and at his goinge out of the sayd bath, yee must take two ounces of sirrup of maidenhayze, and radishe, with thzee ounces of the decoction of likozice. Mozeouer, after the sayd bath, ye must lay vpon the payne, a pultes made of herbs, and flowers, with oyle of almondes, béeing in

the

the sayd bag, and two or three mornings, take. v. or sixe ounces of the broth of Cy-cers, sodden with Likorice, or els drinke water of Pellitory, of cresses, or of rootes aperitiue, ỹ which waters are very good for to purge the grauell and the stone. Likewise a verye good electuary for the same, called Electuarium ducis, or Iustinũ, Philantropos, or liontripon if one take a dram or two after operation of a glister, of Cassia, or a pill of Antecibum, and after to drinke one of the sayd waters, or els a little white wine warmed.

Regiment aswel for the colike, as for the raynes of the backe.

HEe must fly from all euill qualities of the aire, as winde, raine, great heate, and great colde, specially to kepe him frõ warming the reines against the fire, nor to heat it by any other meanes. Also hee must abstayne from great repletion at one meale, and to longe abstinence from meate, for all these fill the body full of yll humours. Also slepe not on the day, specially after meat, nor lye not on the reines when yee are a slepe.

And ye ought to eate no saltfish nor no bieke, nor other grosse meates. Likewise one ought for to beware of al foules bred vp in the water, spicery, pastry, and bread not very well leuened, specially Tarts, cakes, & other pasties made of floure. But aboue al, ye must beware of white meats as milke, chese, raw fruits, hard egs, & as much as is possible, kepe your self frō ire, enuy, Melancoly, & other like affections.

For the flux of the wombe.

In al fluxes of the belly, cause the excrements to be duely serched for if the disease be such, that the meat commeth out, euen as it was receiued, or not half digested, the sayd flure is called Lienteria. If great aboūdance of watery humors haue their issue below, the sayd flure is named Diarthea, which is as much to say as flux humoral. And if bloud or matter appeare with the excrements in the sickenes, thē they call it Dissenteria, which is a greate disease and a daungerous for to cure.

Remedy for the flux Lienteria.

Forasmuch as this flure commeth for the most part of great debility of ver-

tue

tue retentiue of the ſtomacke, for ỹ great moiſtnes of theſame, it is gud to giue the ſirrup of wormewud & hony of roſes, taking of it with a ſpone, or drink them w̃ the water of betony, fenel, & wormwud, & if it ſo be the pacient do deſire to vomit, it would bee gud for him, or let him take halfe an ounce of Hiera ſimple, with two ounces of water of wormwud, & if the pacient be ſtrõg inough, ad therto. ii. drams of Diafinicõ. And after this ye muſt comfort the ſtomack with oile of maſtik, ſpike minte, wormewud, or Nardine, or with a playſter called Cerotum Galeni, ſpred vpon leather, & after laid vpon the ſtomack, or make a bag of wormwud, mintes, and Maioram dried, & lay it vpon the ſtomack. In the morning take a loſẽge of Aromaticum roſarum, and a litle rinde of citron conſit, and before euery meale, take a morſell of conſerue of quinces.

Remedy for the fluxe humorall called Diarthea.

THe ſayd flure ought not to bee reſtrained afore the fourteth day, if nature bee not very mutch enfeebled.

And sometime it commeth of hot causes, as of choler, and then one ought, to giue vnto the pacient to drinke afore his meat sirrup of ribes, sirrup of roses, or sirrup of quinces, very smithes water, and in the stede of those sirrups yée may make a Iulep thus.

A iulep for the fluxe humorall.

TAke rosewater, bugloss, and plantain euery one halfe a pound, of all the saũders two drams, and with a quartron & a half of suger, make a iulep. In the morning two houres afore meat, it is good to giue the pacient olde conserue of roses, or a dram of troscisks of roses, after he hath drunke one of the sayd sirrups, or of iulep of roses with a litle of smithes water, wherof the pacient ought to drinke at euery time whẽ he is a thirst, if in the said flux there bee eger matter, & the strength of the pacient any thing constant, ye may minister ỹ lauatorie ỹ hereafter ensueth.

Take red Roses, barly, plantain, of euerie one a handful, seeth them, and in the streinyng ad. ii. ounces of oyle of Roses, one ounce of hony of Roses, & the yolke of

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an Eg, and giue it in the manner of a gli-
ster. Sometime it is expedient to take a
medicine by the mouthe, & it is made as
thus. A medicine for the Flux.

Take the rindes of Mirabolan citrin
Baken one dram, Rubarbe a litle dryed
vpõ a tile, half a dram: sirrup of quinces,
one ounce, water of plantayne thrée ounces, mingle all together, and let the pacient drinke them foure houres before meate, and then giue him a glister retentiue made as thus.

A glister for the fluxe.

Take oyle of roses, or quinces, of mastik, of euery one thrée ounces, Bole armoniake in pouder two drams, medle all together, and giue it as a glister. An other.

Take the iuce of plantain, of popy, of Bursa pastoris, & oyle of quinces, of euery one thrée ounces, mingle them together, and giue it for a glister. And if the bowels be ercoriat, ye shal giue this perculiar remedy. Take half one pound of milke, the water wherein gaddes of stéele hath béen quenched, the iuce of plantain, and oile of quinces of euery one two ounces, Bole armenic

menie one dram, goats tallow one ounce and make them in a glister, but without vpon the stomack, ye must lay this ointment that here foloweth.

An ointment for the flux.

Take oyles of Roses, Quinces, and Mirtilles, of eche an ounce, oyle of mastik half an ounce, pouder of corall, & Nuts of Cipres, of euery one a dram, mingle all with wax, & make an ointmente. Here is to be noted, ỹ the glisters that are giuen for to stop a flure, must bee very litle in quantity.

Yee may heale the flure of Dissenteria with giuing thinges before declared for the flure humorall, & take afore your repast two drams of conserue of quinces, or of marmelade of quinces. And hee ought to drink water, wherin hath been quenched gads of stéele, & ye must auoid diuersity of meats, and giue your selfe to ease, and to quiet and slepe a great while.

And it is good to vse grewell, cleane barley, and almon milke, with a litle Amidum, and set ventoses vpon the belly without cutting, which thing is also good

in all fluxes of the body. If the sayd flure humorall proceedeth of fleume, it shall appeare of the excrementes that are watry and flegmatike, and then ye ought to giue three or foure mornings, sirrup of wormwood, or of minte, after purgacion as is here folowing.

A purgation for the flux humorall.

Take two drams of Mirabolanes dried on a tile, half a scruple of Agarike in troscisse, halfe an ounce of sirrup of mintes, or two ounces of water of bawme, and make a pocion that shalbe receiued three or foure daies afore meate.

If ye will make a iulep, take water of mintes, and of bawme, of euery one half a pound, suger a quartern & make a iulep of the which one may drinke euening & morning after meat eueri time a draught. Euery morninge it is good to take a losenge of the electuary that foloweth.

A noble electuary for the fluxe.

Take pouder of Diàgalanga a dramme and an half, of red Corall, and Mastike, of euery one a scruple, Troscisses of Terra

sigillata

ſigillata halfe a dram, the barkes of citrõs conſit, & quinces, of euery one. iii. drams, ſuger, diſſolued in water of mintes, oure ounces, make an electuary.

Diles of wormwood, minte & of narde, and maſtike, are very holſome to anoint withal the belly, and the ſtomacke, for the ſayd flure.

And the thinges declared of the flure Lienteria, be very good in this caſe, taking euer after meat, a morſell of marmalade. Redde wine is very good in this flure, to drinke at meat with ỹ water of a ſmith, and likewiſe all ſpices are good for ỹ ſame purpoſe.

Medicines to reſtraine the flux, of whatſoeuer cauſe it bee.

TAke the peiſill of an harte, & dry it into pouder, & drink it. The water of oke buds, or ỹ very acorns dried and made in pouder, & drũke in red wine, is very good.

Item the maw of yonge Leueret with the iuice of plantaine, is excedinge profitable.

The tenth chapter of diſeaſes of the matrice.

First

FIrst againste superfluous flure of the mother in the which yee must consider whether it do come of too great quantity of bloud, & then it is good for to open the vaine Saphena, & abstaine from all things that multiply the blud, as egs, wine and flesh. Or whether it come of choler, & then yee muste receiue a litle sirrup of roses, Pomegranates, or Ribes with water of plantain. Than purge the choler ỳ giueth such sharpnes to the blud, by .x. drams of Trifera saracenica, with two ounces of plantain water, or ỳ medicine of rubarb, writtē in the treatise of the flux humoral.

After purgacion yee may giue euerye morninge a Losenge of Triasandaly, or a dram of troscisks of roses, in pouder, after drinke two ounces of plantain water. And if sutch flure of the matrice, happen of the watrines of blud, giue her to drink foure or fiue morninges, hony of roses with a litle water of wormewood, afterward purge her with a dram and a halfe of Agarike in troscisks, & halfe an ounce of Trifera saraſenica, mixte with water of mint, and of wormewood.

Ye may know the causes of the said flux by annointinge a thread or cloute in the sayd bloud, for if it hath the colour of vermilon, it signifieth that the flux commeth of to mutch bloud. If it appeare a litle yelow, it signifieth that the disease cõmeth of the subtility and sharpnes of the blud, ouercome with choler. And if it hath a colour like the water in which new flesh is washed, it betokeneth the bloud is much watry.

And after ye haue purged the pryncypall cause of the disease, your seconde intencion shalbe, by and by to staunche the sayd issue. Wherin also one thing is to be noted, that if nature be accustomed to auoyde any superfluites, by continuall course of the sayd flux, it would perchance be inconuenient for to stop it, wherfore if ye sée no ieopardy, yee may restrayne the sayd flux this wise.

Remedy for to stop the sayd flux.

Take troscishes of white Amber, and make them in pouder, and giue a dram euery morning, and anon after drinke an ounce, or two of water of plantaine.

In

In ſtæde of theſe troſciſkes yee may make a pouder of Sanguis draconis, Bole armeni, white amber, and red cozal, dzinking one dzam therof, with plantain water as is afozeſayd.

An other medicine to ſtaunche the ſayd flux.

Take two ounces of olde conſerue of roſes, of the ſæd of plantayn, two dzams, Sanguinis draconis, Bole armeni, of euery one a dzam & a halfe, white cozal and red, one dzam, make a confection with ſirrup of mirtils, & giue it to dzinke, mozning & euening two houres afoze meat, at euery time the quantity of a meane cheſnut.

For the ſame.

Applye ventoſes vnder the bzeaſtes wiſe a day, beefoze dinner and ſupper, and vſe to beare aboute your necke oz holde alwayes in your hande, red Cozall, Jaſpis, oz a ſtone called Hematites, which is a ſingnler remedy foz to ſtoppe euery kinde of bloudy flixes if it be bozne, oz tempzed in wine and dzunke, oz make thereof a pouder and vſe of it euery mozning with a litle wine.

For

For reteining of the flowers.

Somtimes there chaunceth vnto wome
when they can not haue their due purga
tions, to fall in greeuous kindes of sicke
nesses, for ỹ auoydance wherof, it is good
to help them and prouoke the said purga
tions by such things as open, which must
be giuen at such time of the mone, as the
said women were wont to haue thesame.

And if ye see the womans bloud to be to
grosse and thicke, so that she can not haue
anye such purgation, yee must euery
moneth giue her the sirrup of fumetory,
w̄ the decoctiō of borage and buglosse & let
her bathe her selfe with fresh water hot.

And when she goeth out of the bath into
the bed, she must receiue the foresaide sir
rup & decoction of the herbe called Rubea
tinctorum or madder, sodden in clere wa
ter. In steede of sirrups ye may take the
very iuyce or decoction of the herbes.

And if the womans bloud be slimy, cold,
and flegmatike, then she must drinke sir
rup of Sticados and of Oximel Diuretike,
and afterwarde take the pilles called Fe
tide, and of Agarike. And euery morning
after

after that, thée must take a dram of trosciskes de mirrha with two ounces of the decoction of Juniper beries, oz. ii. drams of Drifera magna, and there vpon drinke two ounces of water of Mugwort.

And if perchaunce yee can not haue these thinges at néede, yee may take two ounces of the decoction of Alysaunders, the rote of smalage, Cinamõ, and a litle Saffron and leather, drinke thereof two times a day, and eate no meate therafter during foure houres.

Moreouer it is a prowued and experte medicine, to giue the first day of the new mone a dram of pouder made of Borax, which the Goldesmithes doe occupy, with aslmuch Cinamom, and a litle water of Smallage.

Also it is very good to haue the vayne opened, which is called Saphena, ỳ lyeth outward betweene the instep & the hæle.

And if case so be that the said retencion come of superfluit, or to much aboũdance of fat, then the cheife remedy is to suffer mutch hunger, & to eate very litle, mutch exercise and labour to prouoke sweate,

For reteining of the flowers.

Somtimes there chaunceth vnto wom̃ when they can not haue their due purgations, to fall in greeuous kindes of sicknesses, for ỹ auoydance wherof, it is good to help them and prouoke the said purgations by such things as open, which must be giuen at such time of the mone, as the said women were wont to haue thesame.

And if ye sée the womans bloud to be to grosse and thicke, so that she can not haue anye sutche purgation, yee must euery moneth giue her the sirrup of fumetory, w̃ the decoctiõ of borage and buglosse & let her bathe her selfe with fresh water hot.

And when she goeth out of the bath into the bed, she must receiue the forsaide sirrup & decoction of the herbe called Rubea tinctorum or madder, sodden in clere water. In steede of sirrups ye may take the very iuyce or decoction of the herbes.

And if the womans bloud be slimy, cold, and flegmatike, then she must drinke sirrup of Sticados and of Oximel Diuretike, and afterwarde take the pilles called Fetide, and of Agarike. And euery morning

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mutch hunger, & to eate very litle, mutch
exercife and labour to prouoke ſweate,

Take one draught of Mithridatum, and dissolue it in an ounce and an half of water of wormewood, and giue it to her to drinke, afore she go to meat foure houres.

Diuers goodly medicines for diseases of the mother whatsoeuer be the cause.

Take the rayling of Iuory, and the rasinge of an harts horne, with the haire of an hare, dried and made in pouder, and asmutch of goates clawes brent & poudred if they may bee gotten, or in stede of it shæpes clawes, take all these, and vse to eate them in your pottage or otherwise, to stop the flures of the Matrice.

An other to prouoke them.

Seth Marigoldes, nept and sauine, in good ale, and drinke it with a good quantity of Saffron, and a litle hony or suger.

Item. xv. blacke sæds of Pionie, drunke in wine with saffrõ, purgeth the matrice of humours, and other. xv. of the red sæds staunceth it agayne, or any other flur of the mother.

An other.

These herbes are good to purge the matrice, Rue, Pyony, sauine, betony, nept Valerian,

Valerian, mayden haire, hozehound, ſauery, Percely, Gromell, Alyſander, marygoldes, Smallage and Tyme.

The.xi. chapter of the cure of the ſtone in the reines, and in the bladder.

PAyn of the ſtone is one of the moſt enozmous paines that the body of man is vexed with, foz by it many times the naturall vertues are deſtroyed, womẽ loſe their fruit afoze the time, cruell & perylous accidents commonly do increaſe, yea and oftentimes death without remedy.

Wherfoze it ſhalbee expedient to the comfoꝛt of the poꝛe folkes, & other that be græued, to wꝛite ſome good and holſome medicines foꝛ auoyding of the ſtone.

And ſæinge that all authoures doe affirme the ſtone to be engendꝛed by reaſõ of the great heat that is about the reines, ſtraitnes of the condits, and aboundance of groſſe and ſlimy fleum, oꝛ of bꝛent choler, which by the ſayd exceſſe of heate, is as one would ſay, baked oꝛ dꝛyed as clay is in the fourneis, and ſo at laſt becommeth an hard ſtone, therfoze it is cheifely to be noted that without amending of the

mundifie the reynes, and to bring the humours to equality, with releasinge of the payne, and bringing out the grauell.

A goodly sirrup to mundifie the reines.

Take the broth of a younge Chicken sodden till the bones fall a sunder, three pounde, Melon seedes a litle brused an oūce, Parcely rootes, and Alisander roots three ounces, Damaske prunes, Sepesten of eche. vi. in number, great Raysins half an ounce, cleane Licorice ten drammes, waters of Borage, Endiue, and Hops, of eche three drammes, and with sufficient white Suger, boyle them al vnto the consumption of ỹ half e more, and afterward streyne them, and make a goodly sirrup.

This is a thyng of excellent operation, and an hie secret in mundifiynge of the Reines if yee kéepe the diet as is afore described. The dose of it is one Ciath or a litle cupful in the morning early, e sleape after it a litle. If yee would haue ỹ forsaid sirup to purge more choler, then put in it a dram of fine Reubarb, with a litle casia.

¶ Here

¶Here after foloweth a pouder of excellent operation in brekyng the stone.

TAke the kernels that are within sloes, and dry them on a tile stone, thē make of them a pouder by it selfe: after ý take the rootes of Alisaunder, parcely, Parietary, and Hollihocke, of euery one a like mutch, and seeth them all in white wine or els in the broth of a younge Chicken, then strayne them out into a cleane vessell, and when ye drinke of it, ad as much of the sayd pouder as ye thinke conuenyente, halfe a siluer sponefull or more, for without doubte it hath greate effecte in bringing out the grauell.

An other expert medicine for them that haue the stone.

There groweth in the galles of some Oxen, a certayn yelow stone, sometimes in bignesse of a Walnut, somewhat long and brickle. If yee take that stone and make of it a pouder, and eate it in your potage, the weight of one scruple or more accoyding to your strength, it is a singuler medecine to them that can not pisse

for

for stopping of the condites.

An other singuler medicine for the stone.

Take the seede of smalage, percely, louage, and Saxifrage, ỹ roots of Philippendula, cherystones, gromil sæd, and broome sæd, of euery one a like much, make them in fine pouder, & when yee be diseased wt the stone, eate of this pouder a sponefull at once in pottage, or in broth of a chicke, and eat nothing after .ii. or three houres.

The .xii. chapter of remedies for the Goute.

The payne in the ioynts of a mans body, as in the handes and feete is generally called Arthritis, or goute, which procædeth somtime of debility of the sinews beeing lashe and vnable, to consume the humours, that continually doe flow vnto them.

And for the moste parte they are all deriued from the member Mandant, that is to say, the brayne, for hæ is very grosse, & engendreth euer humours in himself, by reason wherof, much of the said humours are deriued into the nuke and muskels of the

the back, and fro thence they descend into the fæte, & then it is called Podagra, or to the huckle bone, & then it is Sciatica, or els into the handes, and there it is Chiragra.

Remedy.

Forasmuch as all the sayd kindes commeth of one beginninge, as is shewed afore, and for the better expedicion in that we will bee breefe: ye shal first take away the superfluous moysture of the brayne, which is the rote & fountayne of all the sayd diseases, and that yee may dow foure māner of wayes. The first is observance of diet inclining toward drinesse, and to avoyd all fulnesse of meat and drinke, and not to sleepe in any wise shortly after meat. And ye must beware that yée eate no vaporous meats, nor thin wine, nor drinke mutch after supper. And if perchaunce the payn be very sharp, it shalbe much holesome to the pacient, to abstayn from all kindes of wine, and to vse himself to small drinke, which thing if he can not dow, then let him drinke claret wine mixed with a good quantity of water.

The second is to purge the brayn once

a monyth, with the one halfe of pilles of Cochies, and an other halfe of pilles Assagareth. And in time of haruest, and of sommer, with pilles Sine quibus, and pils imperiall, wherof ye shall giue one dram the night before the ful moone, & the day folowing yee may giue him to eate a litle broth of Cicers, with a litle quantitye of raysins of the sunne.

The thirde is to represse the fumes that ascende into the brayne after meat, which thinge may wel be done by eating of a litle dredge, made of Anise seede and Coriander.

The fourth is to perfume the brayne with certayne thinges confortatiue, as for example thus.

A good perfume against moistures of the brayne.

Take fine Frankensence, Sandrake, and Mastike, of euery one an ounce of Lignum aloes a dramme, make them al in grosse pouder & perfume therwith stoups made of flax or of cotten and lay vpon the head.

And when ye haue by this meanes well and

and duely comforted the brayne, and defended of the originall cause of the sayde disease, ye shall procéede to take away the matter conioynte, that is descended vnto the sinowes, and ye shall begin thus.

First ye must preserue the body from engendring of humours, in taking euery morning next your hart a conserue made of akorns, & of flowers of rosemary, mingled with a litle Nutmig and Mastike, & if ye bee of power, yee may drinke a good draught of Ipocras or other spiced drink, after meat, at dinner, and at supper.

Secondarily, ye shall vnderstand, that whosoeuer doth entende to bee holpen of the goute, hee must euery yeare bee purged two times, preparinge first the matter to digestion with sirrup of Sticados, and Duabus Radicibus, with the one half of waters of Sage, Primroses and Margerum, in manner of a spiced iulep with Cinamom, taken fiue continuall morninges two houres afore yee eate any other meat. And after that, yee must receiue a dram of pilles called Arthretikes, or Hermodactiles, or of both together egal

porcions,

porcions. Or take halfe an ounce of Diacartami two houres after night, and of Diaturbith, of euery one two drams, with a litle sirrup of Isop.

The rest of the sayd curation shall bee accomplished with the applyinge of dyuers locall remedyes, whereof there bee sundry kindes of sortes here declared.

Ye ought to rub the place that is sore, with oile of roses and a litle vineger, and after sprinkle vpon thesame fine pouder of Mirtils. An other plaister also as hereafter foloweth.

A playster for the gout.

Take of the emplayster called Melilot, two ounces Populeon an ounce & a halfe, red roses, mirtils, & flowers of camomil, of euery one a dram make a playster and lay vpon the gouty ioynt. An other.

Take the iuce of colewortes & of wallwort, and with beane flower, and pouder of red roses, and the flowers of camomil, make a playster and lay it to the sore.

An other.

'Take oyle of roses, crummes of bread, yolkes of egges, and Cowes milke, with

a

a litle saffron, séeth them together a litle as ye would make a pudding, afterward spread them vpon cloutes and lay vpon the sore.

An other.

Make Lie of the ashes of rosemary, or of oke, or of beane stalkes, and boyle in it Sage, moleine, primrose, camomill, and melilote, and receiue the fume vpon the sore place, or wet cloutes in the sayd decoction, pres them & lay thē vpon ẏ paine.

All the sayde remedies are very good to swage, the payne of the Goute, after the which done, it is necessary to goe aboute the comforting of ioyntes and sinowes, and to that intent ye may apply the grese of pyes, oyle of camomill and of Althea or Holyhocke, oyle of a Fore, oyle of earthwormes, oyle of primroses, turpentine, oyle of gromell brayd, wherwithall, or with one or two of them ye may anoynt the sore place, and comforte both the sinowes and the ioyntes marueylously. Also this oyntment that foloweth is singuler good for the same purpose.

Take fiue or sixe handefulles of Walworte, and seeth them well in Wyne, then

then strayne them, and with a litle wax, sile of spike, and Aquauite, make an ointment wherwith ye must anoint the place mozning and euening euery day.

An other oyntment for the goute.

Take a fat goose and plucke her, and trim her as if she should be eaten, thē stuf the belly within with two oz thzée yonge Cattes, well chopped in small gobbets, with an handfull of bay salte, then sowe her vp againe, and let her rosste at a small fier and kepe the dzipping foz a pzecious oyntmente agaynst all kindes of goutes, and other diseases of the ioyntes.

Medicines for the gout appropriat in all cases.

Take Cowes dounge, and séeth it in swéete milke, and lay a playster to the goute hot.

Also the yolkes of Egges, womans milke, Lynseede, and Saffron altogether in a playster, swageth the diseases of the Goute.

And if ye be disposed to bzeake the skin and to let the humours issue (as by sutch

many

many one is eased) yee shall make a litle playster of blacke Sope, and Aquauite, which will blister it without any greate payne.

Also very oldehard Chéese, cut and sodden in the broth of a gambon of Bakon, and afterward stamped with a litle of the broth, and made in manner of a plaister, is a singuler remedy for diseases of the gout, and was first practised of Galen the prince of all Phisicions.

A prayer to God for helpe, against the perturbacions of the minde.

O Lord my God almighty, Father and ruler of my life, my helth, my strēgth my redeemer, and protectour, sende vnto mée the heauenly beames of thy holly spirite, to illuminate the darkenes of my sinfull heart, and to guide mée to thy holy place. Shew mee the light of thine aboũdant mercy (O Lord) that I may no longer slepe in deadly sinne. O onely father & light which in very déede doest lighten euery man that cõmeth into this world, for thy great mercies sake it may please

thee to lighten the eyes of mine hart and to endue mee with the spirite of grace, that I may loke vpon mine owne sinne, the great offences where with I haue offended thee, and to know that in my selfe there is no manner strength, for to withstand the death, but onely through thée. And I beséech thee, O lord, to couer these my carnall eyes, that they sée no vanity, and giue mée thy grace, that I fall not into concupiscence, to th'end I may eschew all euill thinges, and giue my minde holy to the obseruacion of thy commaundements. Lord God I beséech thée, that sin may nether raigne nor tary in mee, and that I bée not subiect to mine own fleshly appetites, but that I may erpell out of my thoughtes all vnlawfull lustes, so that my soule and all my minde may bée set holy vpon thée. Lord god suffer not my soule to bée oppressed, but receiue me into the protection of thy holy hande, & despise not mée thy simple creature, whom thou hast redemed with ỹ precious blud of thine onely sonne Jesu Christe. Thy mercy, O Lord is aboue all that thou hast

made for thou dooſt defer the puniſhment of the wicked, if perchaunce they woulde amend at laſt, thou loueſt all that ỹ haſte made and hateſt none but for their owne iniquities. And when the wicked turne agayn to thée, & cry vnto thy holy name with all their harts, by and by thy mercy is ready to receiue them, euen as I moſt deteſtable ſinner come with hart cõtrite vnto thy mercy this day: that I may obtayne remiſſion of my ſinnes. To thee I cry out of the very depth and botome of mine heart, goe not away from mee my maker and redemer, but here the ſupplicacion of my prayer. For thou art myne onely hope and mine enheritance in the land of liuers. I haue ſinned, I haue ſinned (O Lorde) and heaped vp iniquitye, euen againſt heauen, and afore thée.

But I knowledge mine offences, and deſier mercy accoꝛding to thy goodneſſe. Deſtroye mee not (O Lorde) amonge ſinners, nor let mee deſcende into the lake of deathe, that I vnworthye creature beeinge made woorthy onely by the bounteouſneſſe of thy grace, maye from

henceforth liue in thy commaundemēts, loue, honour, and prayse thée. For all heauenly powers, angels, thrones, and dominacions, laude and prayse thy holy name world without end. Amen.

Thus endeth the Regiment of Life.

Here beginneth a godly wyefe treatise of the Pestilence, with the causes, signes, and cures of the same: composed & newly recognised by Thomas Phayer, studious in Philosophy and Phisike to the ayde, comforte, and vtilitie of the pooze.

¶ To the good Reader a Preface of the Authour.

AFter that God almighty father and creatour of all things, had by his vnsearchable prouidẽce ordayned mankinde, to eternall felicitie, and ioy at the beginning, hee thought it not inough to haue created him of nothing, a body most excellent perfect and pure both in members and sences, aboue all other his creatures here in earth: but also of his inestimable goodnesse, endewed him with diuers and sundry giftes of grace, as Wit, vnderstanding, minde and reason

wherby he might not onely (as neere as is poſ-
ſible) approche vnto him in the knowledge of
his heauenly maieſty (as concerning ſoule) but
aſwell imagyne, ſearche and finde out, by all
manner wayes, aydes, comfortes and remedies,
wherby alſo the body might bee ſaued and de-
fenſed, againſte all aſſautes of any thinge that
ſhould anoy it: ſo bounteous and plentiful are
his giftes implanted in our nature, that of all
creatures wee might haue beene the happieſte.
But after that ſin had entred into the world and
by ſinne death (as Saynt Paule ſayth) our cor-
rupt lyuinges haue made vs more corrupt, ſo
that now the life which wee leade here, is not
onely very pleaſaunt vnto the moſt of men, and
if it bee to ſome, yet it is vncertaine, mutable,
and ſhort, but to many other, it is exceedinge
greeuous, ſorowfull, and tedious, ſubiect to diſ-
eaſes, infortunes, and calamityes innumerable,
which for the moſte part do encreaſe daily, euer
the iuſt vengeaunce of god falling vpon vs for
our great abhominacions, and without doubte
will euermore endure, vnles we do repent and
liue in his commaundements. And to paſſe ouer
all the whole ſwarmes of ſo many, both olde
and new diſeaſes, wherwith the body of man

(alas

(alas for our ſinnes) is continually tormented and vexed, to ſpeake nothing of theſe common and familiar infirmities, as lepries, agues, cankers, pockes, goutes, palſeies, dropſies, rumes, pthiſikes, and other out of number, which as if they had conſpired to fight againſt Phiſitions, canne ſcantlye be appeaſed with any cure of medicine, what payne or punniſhmente canne there be imagined to put vs in remembraunce of our owne wickednes, cauſe vs to deteſt our abhominable lyuinges, and to call for mercy with lamentable heartes more then this onely plage and ſcourge of god commonly called the peſtilence? Is there any ſickenes that is half ſo violent, ſo furious and ſo horrible, as this ſickenes is? what diſeaſe is there in the worlde ſo venemous in infectinge, ſo ful of paine in ſuffering, ſo haſty in deuouringe, and ſo difficile in curing, as the plauge is? And yet are wee now a dayes ſo ſtubburne and ſo frowarde or els ſo drowned in the myre of filthy and carnall appetites, that wee nothinge doo regarde theſe open aud manyfeſt tokens of our condemnacion in the ſight of god, but apply our whole ſtudies to perſeuer in our ſinnes euer worſe and worſe: wherfore it is no meruell though

the ſayd diſeaſe encreaſeth, but rather to bee feared, that almighty god will poure his indignacion vpon vs with ſome other kinde of plage more violent and terrible thē theſame is.

But to them that do repent, and put their onely truſte in him, who can doo but wonder at his infinite benignity and goodnes, that euen in the middeſt of all the ſayde afflictions prouydeth them of remedies, leaſt they ſhould diſpaire: cureth and amendeth, all their greeuous ſores, languoures and diſeaſes: hee created medycine euen out of the yearth, and of the wiſe man it ſhall not bee diſpiſed. And ſurely amongeſt all other ſickenes, is there none ſo daungerous as is the foreſayd plague for any man to cure by the way of medicine, for it turneth it ſelfe in ſo many manner of kindes, likeneſſes, and faſhions, that they that are infected, are many times deade, afore it can bee knowen that they haue the ſame diſeaſe, which thing although many noble and moſt excellent learned men haue in times paſt worthely conſidered, and thereupon according to their ſinguler knowledge and induſtries giuen to them of god, haue written vpon the cauſes, ſignes and cures of the ſayd diſeaſe, ſo exactly ſo learnedly

learnedly, and with so great eloquence, and cunning, that there seemeth nothinge either to bee omitted, or possible to be added, to the perfect curacion of thesame: and so it would bee hard for a man of my slender wit, to inuente the thing that they haue not inuented, mutche more in vaine should I go about to write thesame thinges that they haue written already: yet notwithstandinge foraſmutch as this disease when it once beginneth, enfecteth none so mutch as the common people, among whom it is not giuen to all men, to vnderstand the foresayd volumes, if they had them present, mutch leße can they get their health by their owne imaginacions or experiments, specially when almoſt no phiſicion will vouchsafe to visite any sutch infected of the common sort (so great is the daunger of this cruell sicknes) by reason wherof, the pacients cast themselues oftētimes into despayre, and so many of the poore people creaturcs of god, which by good medicines might well inough recouer, for lacke of sutch knowledg are vtterly destroyed and cast away to the great pitie of all christen heartes, continuall ruyne of the common weale, with diuers other greeuous and huge incommodities as is

dayly

daily ſeene where the ſayd diſeaſe raigneth.

I therfore at the reuerence of almightie god, and for the loue that I beare vnto mine euen chriſten, according to the talent wherwith the lord hath indued mee, vnder the correction of my freindes the phiſicions, haue taken out of diuers and ſundry volumes, of the moſt famous authours, that haue moſte exactly written of the ſayd diſeaſe, one peculier, certaine and compendious treatiſe, addinge thereunto ſutch holeſome and ſinguler remedies, as I my ſelfe haue proued, and know to bee effectuall, in curing of theſame. Deſiringe god almighty, the onely authour and reſtorer of all health, ſo to guyde the harts of his ſuppliants that the ſayd medicines may take effect in them, according to his giftes: and as for my labour, I doe nothing deſire, but the loue and fauour of the gentill readers, whom I praye god continually to increaſe in all goodneſſe.

What is ment or signified by this word Pestilence.

Pestilence is none other thing but a venemous infection of the aire, enemy to the vitall spirites, by a certayn malicious & euill property, (and not of any quality elemental, that is within it self.) For euen as pure triacle is a cõforter of life, not because of heat, cold, moistnes, or drines, but forasmuch as out of all his complexiõt here redoũdeth a certain forme, agreing to ỹ form of the vital spirits of our body, so is ỹ foresaid vapour enemy to our natures not for any quality, as is said before, but for that his proporcion is directe euen contrary to our vital spirits, consisting in ỹ hart, which vital spirites, if by the will of god, & ordinary diet, be strõger in the pacient then ỹ foresaid vapour is, they driue from the body, & wil not be infected. And if it happen ỹ the foresayd spirits be weaker then the venim, or the body ful of humours apt to putrefactiõ, then it doth incõtinent assaut the liuely members,

bers, and except remedy, bring the body quickly to destruction. But when we doe say the vapour to be venemous, we mean not that it is a poyson of it self in deed, for thē should euery creature be indefferently infected, and none shoulde escape that draweth in breath: but I cal it venemous for that it is of sutch a naughty qualitye that it may bee lightly conuerted into venim, that is to say, apt to burning and corosion, as doe Mercury sublymed, quicke lyme or ratten bane, or other sutch lyke kindes of venimes. Thus yee may perceiue that al the great daunger that is in this disease, commeth of the naughtynes of humours, which are made apte to receiue the said vapours, & not by violence of the infected ayre only.

Of the foure rootes, or causes principal of the saidē disease, whereof it doth arise and grow, and why it rayg-neth in one time more then in another.

The first roote superiour and cause of the pestilence is the wil of God right-fully

fullye punishinge wicked men, of which roote the holy scripture treteth in many places, as in Deut. the .xxviii. chapter. If thou wilt heare the voyce of thy lord god, and worke and fulfill all his commaundements, the which I commaund to thee this day, thy God shall make thee more excellent then all the people that be vpon the earth. &c.

And in diuers other places, hée giueth many blessinges to them that keepe his lawes.

And likewise to the people rebellinge and breakinge his commaundementes, he threatneth many curses, as where hée sayth.

If thou wilt not heare the voyce of thy Lorde God, to keepe and woorke all his commaundements, which I commaund thee this day, there shall come vpon thee these curses, & catch thee. Thou shalt bee cursed in the cittie, & in the field, thy barn shalbe cursed, thy liuing shalbe cursed, the fruite of thy wombe shalbe cursed, ỹ fruit of thy ground shalbe cursed, the heardes of thy sheepe and cattell, shall bee cursed,

thou

thou shalt be cursed at thy comminge in, and cursed at thy goinge out. Also a litle after hee sayth: The Lord shall ioyne to thee the Pestilence, till he hath consumed thee out of the earth, to the which thou shalt go to take possession. The lord shall strike thee with pouerty, feuers and cold, burning and heate, and with a corrupte ayre. &c.

Also in an other place. The Lorde shall strike thee with the pestilence of Egypt, and the parte of thy body, by the whiche thou auoydest thy donge with a scab and ytche, and shalt not bee able to bee cured therof, & let the heauen that is ouer thee, be as hard as brasse by cruell constellacions, and the earth on which thou dooste tread, be like Iron that euer wasteth, and wareth worse and worse.

There bee many maledictions whiche our lord hath thretned ỹ rebellius people withall, expressed in many places of holy scripture: but these may bee sufficient as touching our intent to shewe that many times the cause of this disease is the vengeaunce of almighty god, rightfully punishing

nishyng men for their offences.

The second roote of the Pestilence, which doth depende of the heauenly constellacions.

NOw that wee haue spoken of the first roote superiour, of the which this disease procedeth, it is also conuenient, that wee declare somewhat of the second roote or cause superiour, that is to wit, of naturall influences of the bodies aboue.

And ye shall vnderstand, that according to the saying of Marsilius Ficinus (a man of excellent knowledge and no lesse learning) in his booke De triplici vita, and in an other which he writeth also of the pestilence: that amonge all other heauenly bodyes, there be .ii. bodies called euil and malicious, that is Saturne & Mars, which oftentimes by their vnholesome influences are cause of manifolde infirmities, specially of the pestylēce. Saturne through colde, and Mars by excesse of heate.

Saturne throughe colde, is the cause of reumes, of the lepry called Elephancia, & al diseases comming of cold matter. Mars by reasō of his heat, bringeth forth feuers

pestilencial,

pestilencial, spitting of bloud, water vnder the midriff, and the pleuresy, ỹ which is a disease engendred like an apostume of cholerike matter in a thicke panicle, or slime vnderneath the ribs. A prouidente Phisicion amonge many other thinges, ought to consider the entring of the Sun into Aries, by true equacion of the houses and planets, for that influence hath more dominacion then haue al the other influences of the hole yere beside, excepte the superiour coniunctions of the planets, or els some great eclips. And this entringe of the sunne into Aries, passeth all the entrings of the sunne into any other signe. Therefore you must consider how that Lord of the first house in the figure is disposed, for hee is Lord of sicknes, that is to say, you must consider whether hee bee impedit or no, and if he be impedit, there shalbe many sicknesses, accordinge to his nature & his house, that is the first house, as by example thus. But in case that Saturne be the Lorde of the first house, and some earthy signe is in the same house, then most commonly the sicknes of that

yere

yere, shalbe of like nature, that is colde & dry. And ouer this thou muste consider, whither that the Lorde of the first house hath any aspect with the lord of the house of death, or the lord of the house of death to him, then most commonly the ende of those sicknesses that are colde and drye shalbe death.

And likewise, as it is declared of the entryng of the Sun into Aries, so it must be sayd of the coniunctions of the Sun and Mone, through all the yeere, markinge euer the nature of the planet beinge in the first house, if there be any, and the aspectes to those two houses aforesayd. &c.

Also hee must consider, whether this entring of the Sun into Aries, or any of the coniunctions of the Luminaries, be in the eight house or no, for then it should bee mutch worse.

And note, that if the eclips of the Sun or Mone, bee in any of the angels of the natiuity of any person, or in any of the angels of the reuolucion of his natiuity, then hee shall suffer sicknes accordinge to the nature of the same angels.

And if the sayd eclips bée in the middest of heauen, hée shall suffer hurte in his honour and fame: and if it be in the ascendent: he shalbe grœued in his body, and so forth of other houses, but it shalbe the worser, in case the eclipse be in the ascendent, specially if it be the eclipse of the Sun, for that is the more daungerous of the two, forasmutch as the effecte of the eclipses of the Mœne, is alwayes finished in ỹ space of one yœre at the most, sometime in lesse, and for the most part in thrée monethes. But the effecte of the eclipses of the Sun, is very long or it come to passe sometimes twelue yéres, as witnesseth Ptolome in his Centyloquio.

The Astrologyans take the iudgment of the yere, by the entring of the sunne into Aries, in the first minute, & if it then happen that all the ill planets be in the eyght house, which is the house of death they say that yere, shal ryse a pestilence and diuers other sicknesses, according to the nature and condicion of those planets.

And if the moone in the same entring be nere vnto the coniunction of the Sun,

as

as sometime happeneth, within two or three or foure degrees, that yere shalbee a death and pestilence vniuersall, and that shortly after that coniunction, specially at the comminge of the moone and the euyll planets to infortunes, & as the infortunes bee, the effectes shall so appeare, bee they more or lesse.

Farthermore, ye must consider the great coniunction of the two hier planets as was the coniunctiō of Saturne and Iupiter, the yere of our Lorde .1525. in the last day of Auguste, and the thirtenth degree of Scorpio: which coniunction chaunged frō an ayrie triplicitie to a watry, and it was in a watry signe, whereof there chaunced very mutch rayne, and there vpon followed the excessiue humectacyon or moysting of mans body, which by and by turned to putrefaction, and thervpon ensued perillous and corrupte feuers, pestylences and agues, specially beecause in the coniunction, Saturne was exalted, in the north aboue Iupiter, which Saturne is of ill influence.

Of the thirde roote or cause of this outragious sickenesse.

The thirde rote or cause beeinge inferiour, is the stinche and filthy sauors that corrupt that aire, which wee liue in, for wee cannot liue without drawing of the breath, and we haue none other breth but of the ayre round about vs, which if it be stinking, venimous and corrupt, and wee by necessity drawe thesame vnto vs, immediatly corrupteth and infecteth the hart, and the liuely spirites of the same, and after that inuadeth al the other members of the body to enfecte them in likewise, by reason whereof is engendred a corrupt and venimous feuer of pestilēce, very contagious to all that are about thē, for the venimous aire it selfe, is not half so vehement to enfect, as is the conuersacion or breth of them that are infected already, and that by reason of the agreeing of the natures, which is the very cause why our bodies be infected by contagyon of men, more then any other beastes.

Of the fourth roote or cause of the sayde disease.

The

The fourth rote is, the abuse of things not naturall, that is to wit, of meate, and drinke, of slepe and watching, of labour and ease, of fulnes and emptynes, of the passions, of the minde, and of the immoderate vse of lechery, for the excesse of all these thinges be almost the chiefe occasion of all such diseases as raygne among vs now a dayes. For all that our meat and drinke is not digested, turneth anone to putrifaction & to euill qualities.

And to mutch slepe replenisheth the body with to great aboundance of humours but ouermuch watchinge doth dry vp the naturall humidities.

And as watchinge doth, so doth immoderate labour, and as slepe dooth, so dooth rest and ease out of measure, put the body in great distemper, and maketh it apt vnto this sicknes, as is dayly seene.

And who so wil be ruled as becommeth him in this case, shall neuer be lightly infected, and if chaunce he bee, hee shall easely with a litle helpe: ye somtime by very nature only, saue himselfe and ouercome the sickenes.

Now seeing that the causes of this sayd disease be so great as is afore rehearsed, it is not to be wondred, though the thinge it selfe be very huge and daungerous, and of hard curacion: wherfore sayth Auicen in his first of Metaphisikes (although he were no christian:) we must with good and vertuous lyuing mitygate the wrath of God, and by continual prayers kepe our selues still in the state of grace.

Therfore would I counsel euery christi man, that is in doubt of this disease to cure first ỹ feuer pestilencial of his soule, calling for that holsome water, the well of life, wherof it is written. Omnes sitientes venite ad aquas &c. Which waters hee onely giueth, that sayd to his disciples. Qui biberit ex a qua quam ego dabo illi erunt in ventre eius aque viue salientes in vitam eternam. And this done, vndoubtedly the sickenesse of the body shalbe the easier to be cured.

And for because the other soueryn remedy preseruatiue is to flye the corrupte ayre according to the prouerbe. Longe cito, tarde. Fly by times, fly far, and come

slowly

slowly agayne.

Yet for so mutch as euery man can not, nor is of ability so for to dw, it is good for them to looke vpon this litle regimente, wherin with the ayd of almighty god the hie Phisicion, if ỹ venime be not to outragious, hee shall finde how to preserue himselfe well inough from it.

And for the better knowledge & vnderstandinge of this treatise, yee shall know that it is deuided into two partes.

The first is of the manner to preserue a man from the pestilence onely by dyet, in sutch things without the which, one cannot be long aliue in health.

The second treateth of ỹ cure of the said disease by the way of holsome medicine.

The first part is distributed into seuen litle chapters.

The first chapter treateth of the election of the ayre.

The second of meates and drinkes.

The thirde treateth of slepinge and of waking.

The fourth treateth of exercyse.

The fifth of emptines and fulnes.

The sixt speaketh of the accidentes of the minde.

The .vii. of medicines preparatiue.

The second part is deuided into sixe Chapters.

The first how to know whan a man is infected.

The second of the cure of the pestilence by the way of diet.

The third, of the cure of the pestilence by the power of medicines.

The fourth, of cure therof by lettinge of bloud, ventoses, and purgacions.

The fifth, of the cure of thesame, by outward applycacions.

The sixt, how to cure the botch called a Carbuncle, or Antrax.

The first Chaptr of the first part, treating of the election of the aier.

ALthough the disposicion of the ayre colde and drye, or els moderatly moyst, be much cõmendable in ỹ time of pestilẽce, yet there must be moderacion in thesame, as well

well as in the fire thinges not naturall heretofore declared. For yee muſt haue a good reſpect vnto the complexion, the age the cuſtome of liuing, the region, the compoſicion of the body, ſtrength, ſickeneſſe, time, and many other thinges. For ſome require an aier more hot, than otherſome dw, and likewiſe in other thinges, the which I do remitte vnto the good diſcrecion of euery well learned man, and to ſutch other as haue any knowledge of naturall things.

For the more ſurety, it is gwd for them that may, to dwel in high, or hilly groũds, hauing in the morninge when the ſunne is vp, a windowe open toward the eaſte, and when the ſunne goeth downe an other window open toward the weſt, and cloſe vp all the windowes on the South, ſide, for that winde is very yll in time of peſtilence.

Alſo it is good to rectifie the ayre with in the houſe, if it be in ſommer by ſprinkling in the chaumber vineger, and water of roſes: if it be winter, or colde, make a luſty fire of cleane wood, and put in it in-

cence,

or any one of them. But if the season of the yere be hot, then take coriander prepared, grayns of paradise, saunders, sæds of orenges, or of limmons. And in temperate whither, mingle the one with the other. But it is good in all times, to beare about you precious stones, (if yee haue thē) specially a Jacinct, a Rubie, a garnet an Emeralde, or a Saphire, which hath a special vertue against the pestilence, and they be the stronger, if they be borne vpon your naked skin, chiefly vpon ẏ fourth finger of the left hand, for ẏ hath great affinity with ẏ hart aboue other members.

And as touching them that are continually among the sicke of this disease, they must take hede in any wise, to kepe them from their breth, & that they do not stand betweēn them and the fire, nor receiue the odour of their sweats, vrines, vomits and other excrementes of the body, nor to eate & drinke with them, nor in their vessels, nor to lie in their couches, nor wear any of their apparell, except they be well sunned, or wythered in the cleane ayre.

It is also good to flye from all places

that

that be corrupt, or stinking, and to keepe the stretes & houses very swēt and clean. And ỹ rulers ought so to prouide, that no filthy donge, nor any dead carions, be cast into the stretes, for that should sore infect the ayre, and bringe many men to death. And duringe all the time of this disease, there ought to be no hot houses vsed, but forbidden and locked vp, till such time they sée no further daunger.

The second Chapter, of eating and drinking.

THe meats ought to be of very light digestion, more in sommer then in winter, hauinge alway an eye vnto the complexions, customes, and other thinges aforesayd. The houre what time yee shall receiue your meate, is when your appetite commeth vpon you, after the first digestion made. Great replecion ought to be abhorred, but a sufficient meale is very holesome. Nether in diuersity of meats alowed of any phisicke, but if ye wil haue diuers sortes, then begin with them that are the lightest to digeste, and that beste nourisheth the body.

Your

Your bred must be of pure corne, kept in good ayre, and not fusty, metely wel salted with sufficient leuē, and baken in a place where none euil ayre is, and it must be of a day or two dayes olde, or there about.

Wheat is best amonge all other cornes euen as wine among all other licours, although the barly bread bee good for them that minde to kepe them leane. Meates of euill taste, after they be longe deade, and stinkinge fishe in like manner, and the fattes of all fishes, and meates that haue bin twise sodden, thick wine and troubleous, or otherwise corrupte waters of marishes, and blacke groundes, and such corrupt meates and drinkes, bee very perilous. But good wine, sauoury, and clere and good meates taken, with an appetite are cause of health, and preseruacion frō the pestilence.

Vineger is a noble thinge in tyme of pestilence, if yee haue none other impediment to let you to receiue it, and yee may correcte it accordinge to the nature of the cause, in such wise, as may be confortable to the vitall spirites of the hart.

Borage

Borage and bugloſſe, are very good preſeruatiues in this caſe, and ſo is a litle quantity of ſaffron, orenges, lemons, pomgranades, Citrons, Prunes of damaſke, and other ſuch, in good conuenient quantity, adding to them a litle ſuger, and cynamom for correction.

A nut is called the triacle of fiſh, ſhaled and ſugre, with a litle roſewater: and as ſayth Iſaac, a nut and a fig dry taken afore dinner, preſerueth a man from all manner of poyſons.

The thyrde Chapter, of ſleping and watching.

TO mutch ſlepe engendreth many humours in the body, ſpecially if it bee in the day time, and it dulleth the memory, and maketh a man vnluſty, and apt to receiue the peſtilence.

Therefore created almighty God the night, wherin we ſhould reſt, and the day for to kepe vs waking, that we fall not in to ſinne and ſloth. Surely to ſlepe on the day time is exceeding hurtfull, for when the ſunne ryſeth, he openeth the pores of the body, and bringeth the humours and

ſpirites

spirites from within, to the outward parties, which prouoketh a man to watching and exercise or workes.

And contrarywise when the Sunne goeth downe, all thinges are closed and coacted, whiche naturallye prouoketh a man to rest.

Moreouer the stomacke by the vehement heat of the day, is naturally dilated and spread abroad: so euer against night, by reason of the auoydance of the spirits it wareth somewhat feeble: and when the night commeth, requireth to haue quiete, whereby it may acquyre more plenty of spirites for the nourishing of it selfe.

And therfore whosoeuer waketh in the time of slepe, or slepe when he oughte to wake, hee peruerteth and hurteth not onely his memory, and all his other vertues of the minde, but also many tymes shal engender apostemes, carters, reums, agues, palseyes and many other greuous and naughty diseases in the body.

Also ye must take heede, that yee watch not to mutch, for therof commeth dzynes

of

of the brayne, and many other sickenesses that melancholy brédeth.

But he that is vsed to slepe very mutch and cannot abstayne in any wise, let him slepe in a chayre, or els sittinge in a place that is colde, but not lyinge, if hée loue his health.

The fourth Chapter of exercise.

MOderate exercyse or labour is very necessary to the preseruing of health, accordinge to euery mans age, custome, complexion, strength, and sutch other, so it be done in the morning, and at euen, béefore any meat, and in a place of good aire, and not infected with corruption.

Auicen sayth, that hee onely ought to abstayne from labour, that nothinge regardeth the health of his body.

And Galen sayth that exercise quickneth the vertues naturall, animall, and vitall.

And Rasis telleth of a great pestilence wherin there were very few saued, beecause they liued ydelly, and would doe no labour.

Finally defaulte of good exercise is oftentimes the cause that many die sodayn-

ly, afore they fæle themselues sicke. &c.

The fifth Chapter of emptines and fulnes.

IT is holsome for you, euery day once to procure the duty of the wombe, if ye can not naturally, yet at the least wayes seke some other meanes, as by a glister or suppository, for the long withholding of any superfluities, is in this time very daungerous and hurtfull. And all the time the sayd disease endureth, they that haue any fistules, ought not to bee cured.

And they that haue any issues by theyr Hemoroides, may not be restrayned without the flure be sore excessiue, & they that had the forsayde Hemorroides and were cured afore, let them open them again for feare of further daunger.

Also they that are disposed to be scabby hauing great itch, and sutch diseases of the skin, ought to bring the matter out by rubbing, and vehement clawinge with theyr nayles.

Excesse of women, is excéding perilous, but if yée cannot rule your selfe take good héede, yée doo nothinge afore the first digestion,

tion, and till nature doth prouoke you, for euery such excesse weakeneth more the body, then if ye should be let bloud. 40. times so mutch, as witnesseth Auicenna, and is cause many times of pestilence, and of death.

The sixt Chapter of actidentes of the minde.

YEe must beware of all thinges that should make you to be pensiue, heauy, thoughtfull, angry or melancholyke, for all such thinges are inoughe to infecte a man alone.

Passe the time ioyfully in good thinges honest and decent, euery man according to his own hart, and the estate that god hath called him vnto.

The seuenth chapter, of medicines preseruatiues.

ALL they that are of good complexion and of holsome dyet, nede not to bee purged. For an hole body, and voyde of all humours, is not lightly taken of the pestylence, as the other are.

But if it be a body full of humours, or a great eater without any exercyse or tra-

vayle, ſutch ought to let themſelues bee purged, and they that haue to much quantity of bloud, or if the bloud bee any thing corrupte, they ought to aſke counſayle of ſome good experte Phiſicions, and not to put their truſt in any vayne boſters that detracte other, which in all caſes and at al times giue them mercury Precipitaunte and other medicines corroſyue, which for the moſte parte are venim of themſelues and vnder coulour of an other medycine doe diſceaue the pacyent: a wonder to beholde, howe craftely they couer it, ſometime in ſirrup, ſometimes in ſuger, other whiles in Figges, Loſenges, or Rayſins, leaſt it ſhoulde appeare (as it is in deede) that they gyue the pacyentes very quick ſiluer.

Some other affirme that the mercury is quenched, or throughly mortified, and worketh none otherwiſe but by ſecret quality againſt al diſeaſes in the body of man for the exceſſe of elementes ſay they, is clearely corrected in precipitacion and adustyon of the fire.

Howe commeth it to paſſe (if this bee true)

true) that when a lytle of it is set vpon a cole and a pece of fine golde adioined to it we may see playnly the very quicke siluer; cleuing to the gold, & wil make it as brytle as if it had lyed in very raw mercury. Yea howe chaunceth it that when it is mingled with hot creame, it wilbe curde againe as it was afore. And to say the truth, the quicke siluer rawe, is better to be dronken, then such as is sublimed, for that hath been permitted, both of Dioscorides and of dyuers other: but we neuer reade of any good phisicion that euer gaue counsell to take the precipitate, because of the copporouse and other venimous ingredyence being with it.

And although that for the time peraduenture some escape, and feele not their effecte in deede as many other doe (that is to say debility of the vertue radycal of the stomacke and other members principall, purging of the good humours and leauing the euill within the body, wherof ensueth many times death) yet they leaue a certayn euill quality or impression of the bodyes in all that doe receiue them, and so

they make worke for good Phisicions, to the great hurt of them that haue beléued them. Such galauntes should goe proue their pouder made of quicksiluer, among the Turkes and Sarasins, and not vpō their euen christen, and their neighboures. But now to our intent.

The pilles called Pillule communes aboue other pilles preseruatiues, are allowed to be of hiest operacion, by reasō of a certayne property that they haue within them, as Rufus the composer of thē saith: that he neuer saw any man that vsed thē but he was preserued from the pestilence.

There goeth into theyr composicion, Mirre and aloes, which haue great vertu to kepe the body from putrefaction and are made thus.

Take of Aloes epatyke wel washed two drammes, mirre washed, and Saffron of eche a dram, make them vp with white wine, or the iuice of Lemons, or of Orenges and Suger. Some take them euery thirde day, the weight of halfe a dramme, in the morninge thræ pilles, and euery day one afore supper. Let euery man do

Al-

accoꝛding to his nede, and as his body is replete with humours, but it is good to dꝛinke after them a good dꝛaught of wine tempered in a litle water of Roses, oꝛ of woꝛmewood, and if they be to harde, let them be resolued in the sirrup of Lemons oꝛ a litle wine.

Some doctoures ioyne vnto them other spices, after the complexion of the person, and the humour that they neede to purge. And they washe the aloes and thy myꝛre, in an hot season, and foꝛ him that hath an hot liuer, in water of roses and of Endiue, but in that let euery man bee his owne iudge: yet I would counsayle them to stick rather to the good experiments that haue bin accustomed, than the fantasies of their owne imaginations.

The Apoticaries ought to haue in stoꝛe both the two soꝛtes, and to see that they be sufficiently leuened, and that the foꝛsayd Aloes be elect and pure.

They whiche haue the Hemoroydes and woulde vse the foꝛesayd Pilles, let them ad a lytle Mastyke, oꝛ the Gumme that is called Bdellyum. If any haue a

bloudye flure, or excoryacyon of the bowels, let him not receiue them without a better counsell. Women also great with childe, and they that are subiecte to any flure of bloud ought not to receiue them.

Among other thinges, it is a good preseruatiue, and a thing well experte and commended, to eate in the morninge, fastinge one dry fig, one walnut, and foure or fiue leanes of rue chopped altogether, and afterward to drinke a draught of good wine. But it shalbe sufficiente for them that are with childe, to take the sayd thinges, leauing out the rue.

In a hot season it is good to temper the sayd wine with a litle rosewater or of violets. Some other take fiue houres afore dinner thrée times in a wéeke, the weight of halfe a crowne of Mithridatum, or of fine triacle, tempered in a litle good wine. But in time of heat, and for hot complexions, it is good to put in it a litle Conserua roses, and to mingle them with water of sorell, or of Borage, or of Buglosse.

Mithridatum is a great medicine agaynst all kinde of venim, for wee read that the

founder

founder of it, kinge Mithridatis, who did vse to eate therof, could neuer bee hurt by any kinde of poyson. Thesame Mithridates beeing ouercome in battaile of the Romaynes, would haue killed himselfe with the most swiftest poyson that could be deuysed, but when hee had dronken many sorts of sutch, & neuer a one wrought any thing to purpose, hee caused himself to bee slayne of his seruaunts, after whose death Pompeyus, the graūd captayn of the aoste, found in his secret coffers, a certayne bill written of his owne hand, in effect thus.

Twenty leaues of rue, two fat figs, two walnuts, and a litle Salte, whosoeuer eateth of this, shalbe sure from all kinde of venim that day.

The good triacle hath also a good vertue but there ought to be a punishment of thē that do abuse it with counterfaited stuffe, which deceiueth many people, & causeth them to die, that put their trust in it.

Some other take in time of colde, a cloue or two of garlike, which is called the husbandmans Tryacle, and after drinke a draught of good wine, and in hotte time take

take and eate a fewe leaues of Hozell, and drinke a draught of the water thereof, distilled, foz it is excellente, and good in all complexions, times and ages.

Also it is good to drinke euery mozning a draught agaynst the Pestylence that is thus made.

A drinke for the Pestilence.

Take in the moneth of June oz at anye other conuenient time, our lady Thistle, burnet, Scabious, Gentiane, Hozell, of euery one a like mutch, flowers of Buglosse, red Roses, herbe Dragons, and Madfelon, oz Morsus diaboli, twyse as mutch as all the other, steepe them all in white wyne and Rosewater, during one night, then set them all in a common Stillatozy waying in foz euery pound of herbes, halfe an ounce of Bole armonie poudzed, augmentinge the pzopozcion, accozdinge to the quantity of the herbes, then still a water, and foz euery pinte of it, take the weight of a Crowne of Saffron, halfe an ounce of yelow Saunders finely poudzed, and putte them all in a Uyole with the fozesayd water stopped, and set them in the sunne

sunne one moneth. This is a noble water for a man which hath the pestylence, to drinke.

And hée that will, may put a litle suger, and pouder of Cinamom in it, that it may be more pleasant in the taste. Ye that can not finde the sayd herbe called Marselon, or Morsus diaboli, in Lattin, let him take the double weight of dragons. It hath a rote as it were halfe eaten of by the middes: and it is so called, because the fable is, the deuill bit it of, for the enuy hee hath to man, least wee should obtayne the great vertues of the same.

The horne of an Unicorne put in the drinke, whole or in pouder, hath a great effecte against the said disease, and against all kindes of poyson.

Here foloweth a very good preseruatiue for the common people ready at al times and of small cost.

Take an ounce of leaues of rue, half an ounce of good figges, one ounce of Jenuper beries, two ounces of Walnuts picked, foure ounces of Wineger, and a good quantite

quantity of saffron, stampe all the forsaid thinges together, and reserue them in an earthen cup, or a glasse fast stopped, that no ayre yssue, whereof if ye receiue in the morning vpon a knives poynt, the quantity of a beane, or more, ye shall be sure by the grace of God, not to bee infected in foure and twenty houres after.

An other pouder for the same.

Take pure End elect bole armoniake, not counterfaict, but such as is without grauell, smoth, somewhat shyning, and to the eye a far of, most like a very stone, not to brittle, nor to hye coloured, for such is commonly sophisticate. Take (I say,) the sayd Bole armoniake, and grinde it vnto fine pouder, than wash it in white wine, or in rosewater, or water of bugloss, sorell, or wormewood, or scabious, afterwarde dryc it, and pouder it againe, and doe so fiue or sixe tymes, euer washinge, dryinge, and poudring thesame, and at last set, it vp in a cleane vessell, till ye nede to vse it.

Men of hot complexion, if they will receyue it, must take of it a spoonefull with vineger, or water of sorell.

And

And they that bee of colde complexion, may take it in a litle wyne, or Scabous water in the morning. For it preserueth the body from al corrution, consumeth the superfluous humours, and dryueth away the venim from the hart.

An other singuler remedy preseruatiue for riche men and delycate of complexion.

TAke Zedoary, Lignum aloes, Agrimoni, Saffron, Aristologia rotunda, if it may be gotten, white Diptany, Gentiam, the rinde of a citron, the sæde of citron, of euery one a scruple, Corianders preparate, Turmentill, red saunders, red corall, red roses, Iuory, Mirabolanes, Emblike of euery one a dram, Terra sigillata, two drams, Bole armoniake. iii. drams pouder al these, & with fine suger, and sirrup of Acetositate citri, make a noble electuary, & kepe it as a treasure of mans helth, in time of pestilēce.

An other soueraygne and goodly receyt both preseruatiue and curatyue.

TAke a hennes egge, newly layde, and make a hole in the crowne, by the which

which ye shal draw out all the white ther-
of, and leaue the yolke within the shell,
which done, fill thesame egge, with good
English Saffron whole, as mutch as may
be stuffed in the shell, than drye this egge
agaynst the fire, or in an ouen, whan the
bread is out, so long till the shell be vtter-
ly blacke and brente, and the rest suffycy-
ently brittle, and dry, make it in pouder in
a morter, and adde to it as much pouder of
mustard sæde as shall wey all the hole eg:
than take this ingredience at the Apoti-
caries. Ditamy, Turmentille nux vomica, of
eche a dram, pouder euery one of them by
it selfe, then put them altogether, and put
to it Rue, Piony roote, Zedoarie, Camphore
and fine Tryacle, of eche equall porcion,
so that the weight of them fiue be as much
as all the rest, beate them in a morter by
the space of two houres, till all bee incor-
porated together in a lumpe, then put it
in a glas, and kepe it couered with a leafe
of golde in a colde place, for it wyll laste
thus thirtye yeeres, without corruption,
and is a thing of inestimable value in this
case, the dose of it to preserue, is but one

halfe

halfe peny weight or lesse, yea the weight of one Barley corne, hath in it a marueylous strength in defending the body.

But if one were infected already, than hee must receyue afore letting bloud, two or three graynes, after his bléding giue him in the name of God, an hole scruple, or two or thrée (if his strength will serue) tempered with wine, for a hot taking: and in great colde, with a litle Aqua vite, and therupon sweat.

I haue knowen whan the sicke hath beene vtterly desperate, and coulde retayne nothynge yet by the grace of God, through the meanes of two scruples hereof, myrte with a lytle Aqua vite, both the vomitte immedyatly ceased, and nature recouered, and escaped the daunger of death.

AS concernynge sweete Waters to sprinkle vpon your clothes and things of most pleasaunte odoure, to be cast vpon the coles whan ye aryse on mornings, and also the making of good and holesome pomaunders, to smel vpon in time of pestilence, for the contētacion of thē that are

destrous. I shal here rehearse one or two of euery sort, to the intent ye may (when ye be disposed) either vse them, or deuise other of the same making: as it shalbe requisite according to necessity.

First a sweete water that is made thus.

TAke water of Roses, violets, or Nenuphar, or one of them, or of all together one pounde, good vineger two ounces, malueſie, muscadine, or other pleasaunte wine, three ounces, of both the saunders, of eche one dram and an halfe, Camphore, one scruple, and if ye haue any Gallia muscata, ad thereto halfe a dram, mingle them together, and sprinkle vpon your clothes, when ye be disposed.

The right excellent, and famous doctour Iohannes Manardus also, in the thirde epistle of his fifth booke, doth shew, how to make in time of pestilẽce, two soueraigne perfumes, the one for to serue in sommer which is made thus.

A fumigation for sommer.

TAke red amber two partes the leaues of mirte, flowers of Nenuphar, Roses violets,

violets saffron, maces, and yelow saũders, of either of them one part, Camphore, aumber, Beniamin, half a part, Muske, ỹ tenth of one parte, mingle altogether, this is a pleasaunt and comfortable sauour in the time of Sommer.

But in winter season ye may vse this.

TAke Storax, Calamita, Ireos, Mastike of eche two partes, Cloues, Maces, Nutmigs, Cinamõ, Saffron, of eche one part Aumber the fifth of one parte muske, the tenth of one part, mingle altogether and make a fumigacion.

And of these pouders ye may make litle balles or Pomaunders, to beare aboute with you at all times, but the last receyte must be well incorporate with a litle Storax liquida, and Lapdanum, and the other with Lapdanum, Gumme, Dragagant, and Rosewater.

An other goodly Pomaunder for gentlewomen and Ladyes.

TAke the rinde of an Orenge, Cloues, Lignum aloes, of eche one dramme, Calamus Aromaticus, halfe a dram, Alipta

muſcata, one dram, roſes, Mirtils, of euery one half a dram, nutmig, cinamom, Beniamin, of euery one a ſcruple, make it vp in a morter, with Storax liquida, with ſufficient ware, and malueſey addinge in the ende, of Camphore, half a ſcruple or more. And in the time of peſtilence, ye ought to kepe the houſe euery day till the ſonne be vp, and if it chaunce that yee goe among a great multitude of people, where is any daunger to be feared: ye may chew a litle Zedoary in your mouth, once in an houre or two, but holde it not continuallye for hurting of the gummes. Zedoariſt (as ſaith Auicen in his booke De viribus cordis) conforteth the hart, and engendreth good bloud, it is holeſome for the ſtomacke (as affirmeth Plinie) maketh good digeſtion, and prouoketh appetite.

Conſtantine in his booke of degrées ſaith, it hath a great power againſt venim, and the ſtinkinge of the mouthe, it breaketh winde, and cureth the bitinges of venimous beaſtes and ſerpents.

When the ſunne ſhineth in a cleare day yee may walke in Gardaynes, Medowes, hilles,

hilles and by riuers, but beware of lakes, standing poles, and Fens, for oftentimes the effection of the aire, ariseth of the corrupt vapours, boyling out of sutch vnholsome places.

The second part, of the cure of one that is infected with the pestilence already.

How to know a man that is infected, the first Chapter.

WE sayd in the beginninge, how the pestilence was engendred of the corrupt and naughty aire, turning all the humours of the body quickely to corruption and to venim. Wherefore wee must take hæde by times, lest the vital members be infected of the sayd poyson, for it euer sæketh to the harte, and if it come vnto the hart afore the medicine, then is there no recouery, for not one amonge an hundred liueth. For the sayd venim is so swift, so fearce, and so boystous of it selfe, that it wyll not (without great difficulte) bee put out of possession, but driueth away the medicine from the hart agayne.

But if the medicine come vnto the hart afore the venim hath the vpper hand, thē

he driueth it out, by the helpe of the vertu
expulsiue, of the spirituall members, and
that expulsion commonly is by sweat.
And for because sometimes a man is poy-
soned, and can not tell himselfe, nor none
that is about him, wherof many daungers
doth arise, for as the prouerbe is, one scab-
by sheepe infecteth a hole flocke, therfore
it shalbe necessary, that euery man take
hede vnto himselfe, and consider all the
signes and tokens that shalbe sayd hereaf-
ter: for the more care that hee hath about
that, the sooner shall hee escape out of the
daunger.

And if a man feeleth him selfe infecte, a-
boue all thing let him remember God, for
it is a sickneste that in a twinklinge of an
eye may bring a man to death.

First let him loke whether in his arme
holes, flanke, or vnder his necke there be
any apostume or swelling, or whether in
any other partes of his body there appere
any greene, blacke, or euill coulored sore,
for that is the signe that neuer faileth, but
the person certainly is infected. Notwith-
standinge euery man infected with the

pestilenc

pestilence hath not such vlcers, botches or sores wherfore yee must take hæde of the other signes hereafter, that ye bee not deceiued for lacke of the sayd apostemes.

But what is the cause that such apostemes sometimes doth appeare, and sometimes doth not: no doubt, but because that when the venim is so vehemente and so furious, and hath gotten holde in the body of man, nature by reason of the swiftnes of the infection, is so troubled, letted, and entangled, that shee cannot tel which way to succour, and so can driue out none apostemes, and that is more perillous, then if there were many sores. But againe, whē the venim is but meanly furious, and the nature of the paciente stronge inough, by reason of good humours, then it defendeth it selfe & driueth the venim from the hart and principall members, to such places as it may be best auoyded at, which breaketh forth by compulsion in botches, Carbuncles and other sores.

The seconde signe is, if yee feele a great pricking and shooting in your body, & specially in any of the three clensinge places,

that is to say, the necke, the arme holes, and the flankes.

The third signe is when ye fele an outragious heat within you, as if ye were in ỹ fire, which heat somtime spredeth it self abrode throughout all the hole body, & otherwise there ariseth such a cold, ỹ it maketh a man to shake as if he were in a feuer. Wherin al ye that be infected, must take hede: for some there be that in the beginning fæle not such a feruẽt heat outwardly, but it is within as great as if they burned, with much heuines of the head, drynes of the mouth, and extreme thirste. Whereby many one are compelled for to slepe, euen for very labour of the spirites, and some other watche, and are so out of quiet that a man would thinke they were fallen into a phrenesie. The fourth signe is, if great vapours & fumes arise out of the body, when a man is in a Bath, and would faine sweat, but he can not.

The fifth signe is if the pacient can not drawe his breath easely, for many one is so straite winded, that he can not speake, & when he breatheth it is with great labour

and

and difficulty.

The sixt signe is vehement paine of the head, such as is wont to be in a frensie.

But there be some for al ỹ in the beginning of the infection, fele nothing so great peine as we haue spoken of in the head. Notwithstanding this is a general rule, ỹ the pestilence can not be in the body, without some payn, or heuines in the head.

The .vii. signe is great desire to slepe, frõ the which many one cannot abstaine himselfe in any wise, nor can not be kept waking of them that are about him.

The.viii.signe is chaunging of the sight for somtimes ther cõmeth to the pacients eies, as it were a yelow colour, somtimes all that hée beholdeth hée thinketh it to bée grene.

The.ix.signe is payn of the mouth, or an vnnaturall tast, bitter, soure, or stinking.

The tenth signe is often vomiting, bitter, and of diuers colours.

The eleuenth is heuinesse and dulnes of all the hole body, and sowning, and weakenesse of the limmes. These be the principall signes and tokens whereby yee may

perceiue when any man is infected.
Notwithstanding all these signes are not euer manifeste, for sometimes it is seene, that one hath had the pestilence, and felte nothing at all, yea & sometimes the vrine will be as faire and as good to sight, as in a hole man, because the humours come not at the liuer, and the feuer wil be smal or none, for that the venim is not in a hot humour, and so driueth out no heate, and yet the pacient by and by dieth.

Sometimes also he shall thinke himself hole, because that nature in the first brunt droue the venim from the hart, and yet anon after his life passeth frō him for that nature was not strong ynough at the next assault either by reason it was vexed and wearied in the first, or els the venim peradventure multiplied or chaunged into more malignity or nerer to the hart then it was afore. Euery one in the beginning seme lightly to be better, for then ỹ strēgth of nature is gathered altogether to stand againste his enemy, but it is not so in other euill sicknesses. The pacient also many times thinketh himself strong inough

because

because the venim worketh not so cruelly vpon the other members as it doth vpon the hart.

Wherfore in time of pestilence, when ye fele your self in any thing diseased, driue not forth the time in lookinge, when the signes aforesaid should appeare, nor stand not in examining or doubting whither ye be infected or no, for ye may be sure, that so longe as this disease raygneth in the country where yee are, ye shall haue fewe sickenesses, but either is pestilence already, or els will bee within a while: and so giue your self to the cure of the pestilence, for while the naughty influēce of that infection dureth, all superfluous humours may lightly be infected, & that is the onely cause, why in time of pestilence, there is so few of other infirmities. For as sone as many sores of other sicknesses do arise, the pestilence abateth and is gone.

And here is to be noted, that whatsoeuer childe in the time of pestilēce, bee vered w̄ the worms, ye may safely affirme that he is infected, for it is a matter so disposed to the pestilence, euen as is brimstone, to be

kindled

kindled of the fire. This haue many phisi-cions not considered, and because of that, haue ben deceiued in their cure.
Here I haue declined by occasiō, but now to our intent.

When one or two, or more of these signes aforesaid are knowen to be in a bodye, let him not despise them, nor put any fooliche trust in the strength of his complexion, as many one haue done & by & by died, nor let no man trust ẏ colour of his urine, or mo-uing of the pulse: for somtimes the strēgth is so excessiue in the venim, that a man is dead afore the naturall vertues are able for to succour him, or to driue away the ve-nim from the harte. And herein haue ma-ny wise phisicions also bene deceiued, and haue euil iudged of ẏ pacientes pronostik.

Therfore by and by without delay, yee must administer some good and holesome medicine, as shalbee sayd hereafter, or els the stilled water that wee spake of in the former Chapter, or some other valyaunte medicine againste the Pestilence, that it may descende vnto the hart afore the ve-nim haue the vpper hand of nature.

For

For if it be once setled at the harte, I affirme playnly, there is no hope at all. Yet there be some fooles, that tary tyll the .xii. houre, or the foure and twentie, after the infection, and they boast themselues that they wil heale the paciēt, but that is a manifest and a shamfull errour, for if any by chaūce is so recouered, it commeth of god, and not of any medicine, for where as one so escapeth, an hundred other perishe.

Notwithstanding if the case so bee that ye be not called, or can get no remedye afore the saide time, cast not your selfe in dispaire, or put not the pacient in discomfort, take or giue your medicine in the name of God, and if ye can not broke it, take asmuch again and do so many times til ye may retaine it, thē lay ye downe to sweat, and lifte vp your hart to God, calling vpō him, without whom there is no helth, and by ỹ grace of Jesu, ye nede not to be fearful of death, for that that is impossible to man, is easy ynough with God, yea many times nature worketh it self, aboue al naturall expectacion. But I counsell at the first beginning to receiue the medicines,

when

when any of the forsayd signes appereth or when ye fele your self diseased: for the venim pearceth sooner to the harte of the cholerike, then either of the sanguine or the melancholike, although the sanguines are apter to infection, then the other are, chefely if the ficknes be in fommer. They y are of melancholy bee not lightly taken, but in cafe they be, then the cure is very daungerous and hard.

Therfore I fay, take heede at the beeginning as the prouerbe is.

Principijs obsta, sero medicina parat,
Cum mala per longas inualuere moras.

Take the medicine quickly, and let thy self bloud, & remember God the Phifician of thy foule, and without doubt thou fhalt well ynough recouer.

Nowe wee haue declared the fignes by which ye may eafely know whan a perfõ is infected, & we faid it was conuenient to take the medicine as fone as any of them appeareth, without any longer taryinge, afore y venim commeth to the harte, here we wil in forme you, how ye fhal perceiue whither the faide venim bee fetled in the

harte

hart or no.

Take a dram of Bole armony made in pouder, accordinge to ỹ doctrine of the last chapter in the first part, and if ye can not get it take some other excellent medicine against the pestilence, namely one of the receites that shalbe said hereafter, & giue it to ỹ pacient, but there cã nothing be better, then ỹ forsayd pouder if he haue it at hand.

Take I say thereof one dram, and an ounce of white wine, & Odoriferous, with two ounces of water of Roses, mingle them and giue them to the pacient.

The blacke receite declared in the Chapter of preseruatiues, may be well vsed in stede of the Bole.

And if he may retaine the drinke within his stomacke, it is a good signe that the venim was not at the hart afore hee toke the medicine, and therfore he may bee let bloud well inough.

But if the pacient can not broke the said drinke, but caste it vp and vomit, then ye may bee sure, that the venim hath bin at the harte afore the medicine. Therfore by

by & by washe his mouth w̄ wine, or with water of Scabious, of sorel, or of roses, & it ought to be very wel mundified & clensed.

Then giue him an other dose of the sayd drinke, and heat a crust of bread, and hold it to his nose, that he may the better kepe the forsayd porcion.

And if ẏ second time he cast it vp again, & is not able to retaine it, wash his mouth as is sayd before, and giue it him the third time, with a litle vineger, ẏ it may pearce the better, & so vi or seuen times, if he doo not holde it, giue it him agayne, and then whither he retaineth it, or retayneth it not, by and by ye ought to let him bloud.

But in case the pacięt were infected .24. houres afore ye giue the drinke neuer let him bloud, for that can nothing helpe him, but rather make him feble, but administer a medicine ordeined for the pestilence, as is sayd afore, or such as shalbe spoken of hereafter, and that done, prouoke him to sweate.

Now to our purpose as concerning diet.

The seconde Chapter, of the cure of pestilence, by the way of dyet.

First

FIrst as sone as euer the pacient fæleth himselfe infected, it is very good to auoid the corrupt aire, by chaunginge into some other place: or els if he can not so, let hym rectifie the aire of his own house, or of his chamber, with water of roses and vineger, or els with fumigations as is spoken of before, according to the qualitie of the time, and the complexion of his owne body.

Moreouer it is good for him to shiften his bedde out of one chamber into another and from that to the first againe the next daye, euer rectifing the aire of them both as is aforesaid.

And as touching meat and drink, he ought not to abstain, or yet to take ani superfluities, for to eate good meates measurable (though it be against his stomake) yet in this disease it shall do him muche good: Let him eate the broth of chickens, capõs, or Coleyses of Rabetes, & suche like meates, with a litle sorel sauce, or vineger and rosewater, or wine of pomegranades, (if they may be gotten) or wine of barberies, and suche other.

If

If ye will haue other kinde of sauces or a pouder to strow vpon your meat, ye may make it after this sort.

Take graines of paradise, white Diptani, of ech an ounce, fine pouder of Cinamom, and cloues, of eche halfe an ounce, make them al in pouder, and mingle it with suger. In this disease yee may eate no queasie meates, as Eles, Gæse, Duckes, and other such as be euill.

I call them euill meates, which (accordinge vnto Galen De differentijs febrium) are either euill of their owne nature, or els if they be naturally good, yet by reasõ of some putrefaction, are as much or more vnholsom, as the other are, partly so, because of long keping, vnclean and naughty dressing, or when they be layde vp in a filthy or stinking place, & partely by some ill infection, when they were aliue: for he that vsed sutch kinde of meates, is often tymes accumbred with many naughtye sickenesses, as corrupt and pestilencyall feuers, scabbes, pustles, lepries, and other euill infirmities.

All fish in this case are to bee auoyded.

Broth

Brothe or gruel, made with borage, bugloſſe, endyue, ſuccorye, ſorell, purcelane, & other lyke herbes, with a litle ſaffron, and cleane wheate floure, or the crummes of bread in a brothe of chyckyns, or without a brothe, maye be well adminiſtred.

Potched egges alſo with ſorell ſauce & Cynamom, vineger and Roſe water, are maruelous good in this caſe.

And if the heate be verye vehemente, as well after meate, as afore, he may well drynke a draught of ſodden water with ỹ iuyce of orenges, Lemons, Cytrons, or of ſowre apples, well myngled together, to quenche the venimous fumes that myght ryſe vp to the brayne. And if the pacyente be young, and ſtrong, hauyng a good ſtomake hole wynded, hoate of complexion and in tyme of heate, not ſubiect to the colyke, nor to none hydropſy, or apoſtumes in ỹ bowels, hee may drink a good draught or two of cleare and cold water comming out of a rocke, or of a running water, or of a fayre ſpring.

For when nothing els can mitigate the thirſt, yet will cleare water by litle and

litle, diminish all the heate. But ye muste beware ye take no great excesse.

A Ptisane with suger of roses, is verye good to drinke betwæn meales.

The paciente ought not for to slepe during the first. 24. houres, and in the tyme that he receiueth his medicines.

Afterwarde he may slepe a litle at once to comfort the weakenes of the spirits, & he ought euery day to goe to siege once.

And aboue all other thinges let him not dispaire, but bid him be of good comfort & dout not of his helth, so he take no thought but asmuch as is possible, make him to reioyce aswel by communicacion as by muske, and bringinge in vnto him good and holsome herbs, fruits, boughes, and other thinges of comforte, but yet notwithstanding sæ that hæ remember God, and not forget his owne conscięce, for in this sickenes the worste is euer to bæ feared.

The thirde Chapter, of the cure of pestilence by the way of medycine.

AS soone as euer yee feele your selfe infected, take of the pouder of Bole armoniake

armoniake, in manner and fourme afore declared, or of the blacke receyte, the weight of halfe a crown, more or lesse, according to the vertue of the pacient, mingled with the water of Roses, and a litle vineger, as is sayd afore, and drinke it all at one draught.

And if ye cannot get the foresayd pouder, or peraduenture yee will abhorre to take it, then drinke a litle porcion of the receyte folowinge, which is very excellent.

A receite against the Pestilence.

TAke the rote of Turmētile dried in the shadowe, of Saffron, and of mustarde sede aslmutch of one as of an other, make of them a pouder, and incorporate it with the thirde parte of Mithridatum, or of fine Triacle, with a litle stronge Vineger, in manner of an Opiate, keepe it in an earthen vessell close, and in time of nede vse it. The weight of it at once, is from halfe a dram vpwarde.

This receite worketh more vpon the venim then it doth vpō the feuer. And euery day folowing it is good to take a litle

syrrup of lemons, with water of sorell, or of Matfelon, or of our lady Thistle.

And he that hath none of the sayde syrrups, let him vse the waters of the same herbs, or the good water that I haue discribed in the chapter of medicines preseruatiues.

Auicen sayth, that whosoeuer taketh an onyon and drinketh it in milke fasting in a morning, hee shalbe safe that day frō all infections of the pestilence. Therfore some are wonte to roste two or three onyons, and to eate them with Vineger and browne bread next theyr hart, afore they enter into any suspecte ayre. And haue found health in their so doing.

IOhannes Manardus, a man of hie knowledge in the art of medicine, and of great authority amongst all learned men, describeth in his booke of Epistles, a very good receite, aswell preseruatiue as curatiue, deuised by himselfe for lacke of good Triacle, and is of marueylous operacion, as well in this disease, as in healinge all manner venymous woundes, both of Adders, Snakes, and other kynde of Ser-

pentes

pentes. The receite of this noble medycine is this.

Manardus medicine for the Pestylence.

TAke the dryed bloud of a Drake, and of a Ducke, of a Goose, and of a kid, Rue, fenell sæde, the sæde of Cummin, Dyll, and of wilde Nepes, or garden Neps, or Napes, of euery one thræ drammes, the roote of Genciane, Trifoile, Squinantum, Frankenscence, roses dried, of eche foure drams. White pepper and long, cost, Valerian, anise, Cinamom of ech two drams, mirre, narde, of eche six drams, Beniamin, Assarum, Gumme armoniake, of eche thræ drams, Aloes, Agarike, of eche two drams Carpobalsami. rr. graynes, Ireos, Saffron, Reubarbe, and Reupontike, Ginger, Mastike, of eche one dramme, Stycados, fyue drammes.

Make a fine pouder of these, and with foure times almutch of claryfied Hony, mingle altogether, and kæpe it in a siluer vessell or a glasse stopped, for it is an hye treasure, in such a case. The dose of it is two drams in wine or water of Dozell.

Here foloweth an electuary of a wonderful vertue, in the time of pestylence.

This electuary is of so great vertue, in them that doe receiue it once in twentie foure houres, that they may be sure from all euill infections of corrupte ayres and contagious, all the day after.

But in them that are infecte alreadye, and are taken with the pestylence, if they drinke of it but one sponefull, as shall bee sayde hereafter, (specially after lettinge bloud, if it bee conuenyent to the pacient) and lay him down & sweat vpon thesame, if the venim hath not vtterly ouercome the hart, hee shall vndoubtedly recouer.

It hath bene lately proued, that after drinking of the same medycine whan the pacient made his water in an vrynall the the glasse hath burst in pieces, by reason of the venim that it purged out.

This is the making of the sayd electuary.

Take Cinamome elect, one ounce, Terra sigillata six drams, fine mirre three drams, Unicornes horne, one dram, the seede and rinde

rinde of citron, rootes of Diptany, burnet, Turmentille, sedoary, red coral, ana, drams two, yelow saunders foure scrupules, red saunders, two scrupules, white bean and red floures of marygoldes, ana, one dram, Iuory raced, Scabyouse, Beronici tunicie, sæde of Basile, the bone of a stagges hart, Saffon, ana two scrupules, make a fyne pouder, and ad vnto it, of Bole armoniake preparate two ounces, white suger thræ pound, and with a sirrup of Acetocitate citri, make a goodly electuary, and keepe it in a glasse.

If the pestilence commeth with greate excesse of heat, drinke it vpon Rosewater and vineger, but if ye fæle it colde take in it a draught of wine, and couer you with clothes, so that ye may sweat as long as is possible, for without doute, it is a present remedye as I my selfe haue oftentymes proued.

An other deuine medicine, in a liquidefourme.

Take rue, wormwood, and Baume the herbe, of eche a like porcyon, of Celydony, both herbe and roote as mutch as all the

other, so that ye haue of them .iiii. a good bigge handeful, washe the rotes of celydony, very cleane and purely, in wine or in faire clere water, thā put thē al into a new pot of earth neled wīn, and poure vpon ỹ herbes, halfe a pounde of the moste strongest vineger ye can get, couer them iuste, and lute the mouth of the potte, with Luto sapientie, whiche is made of wheat floure, and the white of an egge, that no breathe may issue, and seeth it eighte or nyne houres, with a soft fyre, then let it coole by lytle and lytle, and after strayne the herbe, and set the liccour in the sonne to rectifie.

When a person is infected with the pestilence: First as I sayde afore, let hym blede in a due vayn, thā geue him a sponefull of this licour, with as much as a Nut of triacle if so be ye haue any, luke warme by and by let a crust of bread all hote, be dypped in vineger, and holden to his mouthe, that he may the better brooke the medicine.

And if he chaunce to vomite, incontinēt washe his mouthe with wyne, and cause hym to receiue againe an other sponefull,

and

and so if nede be, fiue or sixe tymes tyll ye see that he receiue it, which is a very good signe, if he so do.

After this set him in a warme bed couered, that he may sweate out the residue of the venime, and by the grace of god, he shall escape the daunger.

This is a medicine of infinit vertue. But if the pacient haue a great heate, geue him no triacle, or els very lytle.

The fourth chapter of the cure of pestilence by letting of blud, ventoses, and purgations.

ALthough Phlebotomi or letting of blud, be one of the chiefe thynges that are required to the cure of the pestilence, yet for lacke of vnderstandyng and lettyng blood otherwise then behoueth many one is cast away: and therfore euery good mā barbour ought for to take hede, that he hurt not them, whiche come vnto him for helpe (for that were a great shame) which he shall neuer doo, if he ponder wel the thynges that shalbe sayde hereafter.

This is a generall rule.

IN the tyme of pestilence when a body is infect, ye may not haue respect either

to

to the signe, the day or the houre, but whether the moone be there or not, or what aspects so euer bee in the planets, let him blede forthwith in the name of God. Young men and sanguine, and they that haue aboundaunce of flesche, and of bloude mingled with other humours, ought to blede somwhat more in quantitie, but alwaies kepe a moderation, that ye take not out to great a quantitie at once.

It is better to let him blood twise, leauing the wounde of the first stroke open, and annoint it with a litle oyle, and after foure or fiue houres, let hym bleede in the same wounde agayne, but withoute stynching if it be possible.

But alwaies geue an eye to the strēgth of the pacient, that it be not enfebled: and againe beware, that ye haue taken away the rankest, and ỹ strongest venim, wherin if ye be doutful, take ỹ counsel of some good expert phisicion.

Also yee must note, that ye may not let bloude to anye childzen within the age of xiiii. yere, nor to old men aboue fifty yere old, nor to womē great with childe, specyally

ally neere their time, nor when their due purgacions is vpon them, nor to them y are newly brought to bed, or vvin a vvæke or two after shee is purified, generally to none which is weake and feeble in his body.

Wee shall also note, that there are some olde men of better strength and complexion, than many yonge are of, and agayne, diuers younge children of ten, or twelue yeares olde, are of higher courage and of as good strength, as they that are many yeres elder. In such cases, a litle euentacion of the infected bloud, may bee the sauing of their liues, so that all thinges bee done with good discrecion.

It is wysdome also to let them blood lying vpon their backes, whom ye thynke would faint in standyng or sittyng.

And if the case do require the letting of blood, & the pacient be not able to beare it for anye of the causes afore rehersed, it is good to apply ventoses, in manner and fourme as I shall declare hereafter.

And here we should say somwhat of the great errour that many doe commit in takyng

taking one vaine for another, for by sutch errours is the venim drawē many times vnto the hart, and so procureth death vnto the pacient.

Wherfore that ye may not be deceiued euer in the Pestylence, let him bloud on that side that the sore is on, and not on the contrary side, in any wyse, for that should drawe the venim ouerthwarte the members spiritual, and so destroy the man.

But or euer ye let him bloud, it is good to giue some good and holesome medicine against the venim, sutch as is declared in the chapters herebefore.

If the Botch appeare vnderneath the eares, let him bloud in the head vayne of the same arme, or els in the braunche of the same vayne, which is vpon the hand, betwēne the middle finger, and the nerte that is adioyning.

If it appeare vnder the throte, take the same vayne, and within a whyle after, it is good to open the two veines vnderneth the tongue.

If the sore be set within the armeholes take the vayne called Mediana, which is betwæne

betwæne the foresayd head vayn, and the vayne comming from the liuer.

If the sore be set within the flankes, then ye must open the veine called Saphena, which is about the ancle of the foote, on the inner side: and if ye cannot finde it there, take the braunche of it, that is betwæn the great toe, and the next vnto him but the lettynge of bloud in that vayne is forbidden vnto women when they be in health.

And if there appeare two botches, one on euery side, Manardus giueth counsayle to take the right side, and not the left.

And in case there doth appeare no signe of botching or swellinge, than hæ byddeth you to open both the vaynes Saphenas on the right side and on the left.

Notwithstanding, Marsilius Ficinus is of a contrary opinion, and sayth that it is best when there doth no sore appeare, to take the cõmon vayne on the right arme.

I thinke herein Manardus counsell rather to be folowed.

But if ye sæ the botch standing outward more towarde the bounche, than yæ must

open

open the vein called Sciatica, whiche is about the ancle of the foote, on the outsyde. The whiche opening of the veynes must be done assone as is possible, alwaye presupposed that he hath receiued one or other medicine against the venime, & that he slepe not in any wise, as is afore mencioned. And to them that cannot lawfully be letten bloode, ye muste in all haste applye many ventoses, with scarificacion or without scarifying, as it semeth best to your discrecion, so ye take a reasonable order thus. If the sore be vnder the eares or about the throte, let your ventoses be applied behynde vpon the necke.

If the botch appeare vnder the armes set your ventoses behynd vpon the shoulders. If the sore be in the flanke, or thyes, let your ventoses be set vpon the buttockes.

And yf the pacyent be replete with humours and strong, hauyng no flux nor other impediment, and ye thinke he nedeth to bee purged: ye may geue hym in the mornynge one ounce of Cassia, or of Manna, with a litle Dyaprunis laxatyue more or lesse, accordyng to the pacyentes

necessitie,

neceſſitie, tempered with water of ſcabiouſe, ſorell, or endyue, euer taking hede, that hee doo receiue ſome medycyne agaynſt the venime, duryng all the tyme of his diſeaſe.

The fyfth Chapter of applicacion of outward medicines.

HEre is to be noted that no maner playſter repercuſſiue, may bee ſet vpon any botche of peſtilence. But aſſoone as is poſſyble, after lettyng bloode it is good to take an onion, & to make an hole in the middeſt of it, then fyll it full of good tryacle: after that ſtoppe it, and ſet it on the harth to roſte, as it were an apple. And when it is roſte ſo long tyll it be tender, lette it coole a lyttle: and ſet it hote vpon the botch, and when it hath ben there by the ſpace of two houres, take it of, and lay another on.

Or take a cocke and pull the fethers of, about his foundament, and put a litle ſalte in it, and ſet his foundament vpon ỹ ſayde botche, kepyng hym on a good whyle, ſtoppyng many tymes his byll, that his breth may

may be retayned, and let him blow again. And if the cocke dye, it shalbe good to take an other yong cocke, and splitte it quicke a sunder, and lay it on the botch, but ye must cõmaunde them that take them of, to cast them in the fyre, and not to take the sauoure when it is remoued: for that is very daungerous. Some there be that lay about the sore, water leches called bloodesuckers, and it is very good, so they be wel prepared, and clensed from corruption. Other apply ventoses with scarification, but they ought first to be applied without anye scarifying, so they shall the better drawe the venim out.

Other lay therto a plaister made of Galbanum, diaquilon, and Armoniake, incorporate togither, and some other lay on it a plaister made of figges, soure leuen, and Reisins without kernels, braied & incorporate altogether in oile of camomil. There be also that set vpon the botche an herbe called crowfote, which is very hote, and maketh a blister on the skinne, and that same they breake, and kepe the place open many daies after. And in that case if

if the botch be in the very arme holes it is best to set the sayd herbe a lofte vpon the arme. And some other breake the forsaid botch with a strong ruptorie, hauing part of maturation, as for example thus. Take sowre leuen foure ounces, Mullard, Rue, Scabiouse, wormewood, of euery one an handful, white lilly rootes, the third part of al, græn copporose two drams, canthrides in number .x. Galbani one ounce, olde nuts, and sumwhat fusty, or els new, if ye cannot get them in number foure, oyle of white Lillies, asmuch as shal suffise, sæth all the herbes and rootes in oyle according to arte, with a double vessel, that is to say, the oyle bæing in one pan may sæth onely by the boyling of the water in an other great pan, and make a playster with the residue of the stuffe in a good fourme. It hath a great vertue to breake a pestilence sore without much paine, and afore ye lay it on, wash ỹ sore with a sponge dipped in the straining of ỹ forsaid herbs & rootes.

Other take oyle Olive and sæth it with oken ashes, adding vnto it a litle of black sope, and quicke lime, and make a plaster

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of the same, it is to bee vsed but in stronge complexions.

And all the foresaid wayes are to be cõmended. But after one hath vsed them a while, & seeth they begin to come to maturation, let him take the counsel of a lerned surgyon, or any other of good experyence, and to set maturatiue emplaysters, vnctions, and bathes, according as becometh, percing the apostеme in the softest place, afterward procede with mundificacion and incarnation, euen as in other kindes of apostumes: wherin I humbly desire them to haue some pity of the poore, that be diseased, and not to fauour them that haue inough, but rather take so much of the riche, that they may the better haue wherwith to helpe the nædy. And for because the sicke may haue some comfort, if in case they shuld be destitute of surgeons I will (besides the said medicines which they may confidently vse,) describe some maturatiue emplaysters that are experte and proued in this cure of pestilence.

A plaister to ripe a botch comming of the pestilence.

Take

TAke Wallowes, and the rootes of holyhock, and onions, asmuch as shal suffice, wash them and seeth thē in water, and afterward bray them in a morter with pouder of linesede, & of Fenugreke, and a good quantity of swines grese freshe, layinge on the playster euery day once.

An other for the same.

TAke white Diptany an ounce and an halfe, the roote of walwort an ounce, the rootes of cresses halfe an ounce, white onions, two ounces, seeth the roots in water, and rost the onion vpon the coles, thē stampe them altogether, adding of oile of Camomil three ounces, Rosin one ounce, netle sede six drams, war, asmuch as shall suffise, and make a goodly playster, or an ointmente at your pleasure, for it ripeth the sayd botch in a shorte space and consumeth the venim, and is good aswell for youngmen as for olde.

And afore that it be thorow ripe, cause it to be perced as it is sayd afore. And if after the sayd percing there be great paine, take the yolke of an egge well beaten, and a litle oile of roses, & annoint a tent therin

e put into the sore for to ceasse the payne. Afterward mundifie ỹ place with a salue made of yolkes of egs, fine barly floure, and a litle hony of Roses. Last of all, for the perfect incarnacion, take the iuyce of Daises, and with a litle ware make a soft ointment, and vse it, or ye may lay therto any other salue incarnatiue, as yee are wont to do in other clean sores. Prouided alway ỹ it is better in this case, to breake the sore by times, than to tary for the ryping long, lest perchaũce the venim being included gather strength by the putrifaction, and so returne againe vnto the hart: therfore open it afore it come to rypinge and after proceed with your maturatiues and other holsome plaisters.

Thus much haue I spoken of Surgery in the exterior cure of one that hath the botch, so far as God hath giuen me vnderstãding to perceiue, according to ỹ minde of such famus clerkes, as haue most effectuall written of the same. Now wil I declare a litle of the exterior cure of him that hath no botch at al, and yet is sore infected with the pestilence. For ths noble

hand

handy wo2ke of Surgery, is conuenient to them both, as witnesseth Marsilius Ficinus, in his booke of pestilẽce in the eleuen Chapter. And the fourme of it is this.

After that ỹ pacient hath receiued some good & holsome medicine against the pestilence, & swet (o2 after letting bloud, if the case do so require) by and by ye must aply your labqure to take away the residue of the venim, that remaineth in the body. And to ỹ intent ye ought to make a ruptorie of sowre Leuen and Cantharides, o2 other aboue rehersed, and set it on the muscule of the right arme, vnder the Cubite, on the part wheras ỹ pulse lyeth, but not vpon the pulse it selfe, & so p2ocure a blister, which ye shall immediatly cut of, and kepe the so2e running many dayes after, the longer the better fo2 the pacient.

An other issue ye may make in thesame manner, vpon his right leg, foure fingers aboue his hæle toward the instep, & keepe it open likewise till a moneth o2 two after hæ be recouered.

The sixt Chapter of the cure of Carbuncles and Anthrax.

As concerning the curation both of a carbucle and the pestilence sore called anthrax, ye may do euery thing according as we spake afore in the generall cure of the pestilence, bothe as touching diet, medicines against the venime, cordialles, laxatiues, blood lettinges, and ventoses, ye shal heale them as ye heale the botche, in all thinges. But as touching letting of blood, whē ye se a carbuncle or an anthrax by him selfe without apostume of the enunctories, be it vpon the necke, or vpon the throte, or the face, or the head, ye must let him bloud in the head veine. If it be vpon the shoulders, brestes, or armes, or other places aboue the Nauill, take the veyne called Mediana. And if it bee beneath the said places, downe vnto ỹ knæs take the veyne Saphena, but if it be on the outside of the thigh, take the veine Sciatica euer vpon the syde that the sore is on (as is sayde afore) considering the complexion, the strength, the age, and the quality of the blud, euen as is said in the chapter of the botche, and likewise apply the ventoses vpon them that can not bear

Fleubo

Fleubothomie. Which things presupposed, it is good to set vpon ỹ carbuncle, whether it be with botch or without botch, the yolke of ẽ egge, incorporat with as muche salte as ye can temper with it, renuing it euery houre during a hole day.

Or els apply ỹ said leches or blood suckers round about the sore, and after they haue sucked out the blood, set theron a cocke as is saide of the botche, or els a doue all hote splitte in the middle. And he that can not gette the leches, yet let hym not fayle to apply the residue of the saide medicines, euery one after other as afore is saide.

Or a hote lofe comming out of the ouen, or take a sower pomegranad, and cut and seeth it in vineger, or Scabious brused between two stones, or the rote of daises, or good sowre dough, incorporate with salte and a litle oyle oliue: all these medicines are good to kill the carbuncle.

The precious stone called a sophire hath also great vertue against venim and specially against a carbuncle, if ye touch it with the stone, and drawe it rounde about the sore by the space of an houre.

But what soeuer medicine ye set vnto a carbuncle, ye must lay a defẽsiue about the sore, which is made as herafter foloweth.

A good defensiue.

Take Sanguis draconis, and Bole arment, of eche a like much, make them in pouder and incorporate them with oyle of roses, and a litle viniger, and laye it in a clothe all about the sore, without touching anye part of it, and renewe it when it is harde and drye.

But if the person be of good abilitie, and the carbuncle very fearse and burning, cannot be quenched with the meanes aforesaid, then ye must procede with an actuall or potenciall cauterie, and to remoue the escare, lay on capons greace or a litle butter, or els a plaister made of mallow leaues, holihockes violets, Lilly rotes sodden in broth of netes fete or other flesche, & afterward stamped, strained, and vpon the fyre mingled with pouder of linesede, barly floure, beane floure, freshe butter, and swines greece, adding in the ende when ye take it of, two yolkes of egges and a litle saffron, and stirre it well about.

This

This is good also to ripe the forsayde sore, afterwarde mundify and heale as is sayd in the other chapter.
I could declare many other remedies but I set them that haue bene often proued, and that be moste easy, for to get at nede, desiring all them that shall vse these my simple labours, to accept my goodwil vnto the best, and to pray to God almighty for his grace, vnto whom onely be al laude glory and honor, world without end. Amen.

A declaration of the veyns in mans body, and to what diseases and in firmytyes the opening of euery one do serue.

IT is not vnknowen to any which haue seene Anathomies, howe there bee in a mans body two kyndes of veines, generall and special.

General

Generall or common veynes are three, which appeare in the middest of euery mans arme on the inner side, and of them the highest is called of lerned men Cephalica, or the head veine, and the lowest of al three, is called commonly Basilica or Regia, in the right arme by an other name Epatica, or the vaine of the liuer, but in the left arme, it is called Pulmatica, the veine of the longes.

The three common veines, lieth betwen the other .ii. in the middes, and is named Cordiaca, or the veine of the hart.

The first that we dyd speake of, that is to say Cephalica, is a veine most apt to be letten blood, in al the hier partes of mans body, & is opened for the hedache, & the eies. This veine if by chaunce ye touche it, and if it bleed not at the first stroke ye may be bolde to strike it once againe, for there is no ieoperdy of cutting of any muscle. And if ye can not finde it out, take his braunch that is about the thombes ende.

The veine Epatica, emptieth from the middle partes of al the body, and it is euer opened against diseases of the stomak, and

the

the splene, but ye ought there in to be very diligent, that ther be no muscle perced.

If ye can not spie in the arme, seke the braunch of it between the litle finger and the fourth.

The Cordiaca veine draweth blonde as well from beneth, as from aboue, for it is compounded of Cephalica and Epatica.

If any feleth a weakenes at his hart, he ought to take good hede that he be not opened in the veyne Cordiaca, but if necessitie be of bleding, let him blede in the Cephalica or Mediana.

So likewise of the other. ii. The Cordiaca, is good to cure the passions of all the hole body, when they do prodede of heate, specially of the harte and of the longes.

But in the percing of it, ye must exceedingly beware, for vnder it is a certaine muscle, whiche if it be very deepely cutte, the pacient is in ieoberdy of his life.

When ye entend to let a person bloode in any veine, ye must bath the arme wher in ye perce, in good hoote water, and draw the hole abrode, that the grosse blood may the more easely passe. And here is to be noted,

noted, that in all sicknesses and times (except only infection of the pestilēce) ye must take the same veine of the .iii. that doth appere fuller and bigger then the other are, for by that ye maye perceiue that the mēbers which belonge vnto it, are full of superfluites of to hote blood, and this shalbe sufficient of the sayd veines general, now we will reherse the veines speciall.

The veine in the higher part of the forehead, is good to be opened in all diseases of the head, and of the braine, specially if they be of long continuaunce, and it cureth the newe begon lepry.

The .ii. veines that are behinde the eares, are opened to preserue the memorye, mundifie the face, & to take away rumes and distillations from the head, and are good generally in al diseases of the mouth and of the gummes.

The .ii. veines of the tēples of the head, are good to voide humours from the eies, & thei serue also for al diseases of the ears.

The .ii. veines in the corners of the eies are opened in the cure of webbes, spottes, cloudes, mistes, perles, rednes, cornes,

and

and other infirmities and weakenesse of the sight.

The.ii. veines in the holownesse of the eares, serue to heale the shakyng of the head, swimming of the eies, deafnes, sounding of the eares, newe deafnes, and vnclennes of the mouth.

The veine in the tip of the nose, is good against apostumes of the head, rumes, and flures of the eies, it purgeth the brayne, and conforteth the memorye.

This veine must be sought very wisely, for it lieth depe, therefore he that wyll be sure of it, shal find it euen in the very middes betweene the two sides of the nose end.

The.ii. veines within the nosethrilles, are opened against the heuines of ỹ head.

The veine of the lippes, is good to take in all diseases of the mouth.

The.ii. veines within the mouth, are opened in diseases of the head, totheache, paine of the iawes, mouth and throte, and against frekles of the face.

The foure veines in the palate of the mouth, are good to be opened in the tothe ache, rumes and catarres of the head.

The

The two veines in the hinder parte of the head, are good againſte the phrẽeſie, ſwimming, aſtoning, and all other paines of the head.

The .ii. veines vnderneth the toung, are opened againſt the flures of the head, palſies, Quincies, Scrophules, apoplexia, cough pains of the mouth, tæth, & gums, againſt impedimentes of the ſpæche, and generally in all diſeaſes of the breſt, hart, longes, and arteries.

The veine that is betwẽn the chin and the nether lip, is good to open in curynge of a ſtinking breath.

The vein that lieth right vnderneth the chin, is good againſt theſame diſeaſe, and alſo in diſeaſes of the head and of the breſt polipus in the noſe, paynes of the chækes, ſtinking of the noſethrils, Scrophules and ſpots about the face, two veines of ỹ neck (one afore, another behinde) are exceding good againſt the plureſie, newe lepry, ſhakyng of the members, humours, and diſtillacions of the head, and to much ſtifnes of limmes.

The two veines vnder the arme holes,

ſerue

ſerue againſt ỹ ſtraitnes of the breſt pain of the middrife, and the longes, & agaynſt difficulty of breathing, called Aſthma.

The two veines aboue the elbowes are taken in all diſeaſes of the breaſt, ſwymming of the heade, ſpalme, and Epilepſia, commonly called the falling euill.

Vena purpuria, or the purple veine, lying in the right arme next Eptica, toward the hand, is opened againſt diſeaſes of ſpirytuall members and of the bowels.

The veine Illiaca nexte vnto the purple veine, if it be well taken, is good to heale the paynes of all the inward members.

Vena pulſatilis, or the beating veine is good againſt the tremblynge of the harte ſowning, and Cardiaca paſſio.

The two veines of the thombes, are opened in diſeaſes of the head, blared eies, and againſt the moſt part of all feuers.

The veine betwæn the forefingger and the thombe, is good for ſtopping of the hed, and to purge the ſuperfluitie of choler, is good in agues, and in all diſeaſes of the eyes.

The veine that is betwæne the rynge

finger,

finger, and the litle (if it be opened) taketh away diseases of the head, the longes, and of the splene.

The vaine called saluatella in ỹ ryghte hande, betwene the lytle fynger and the nexte adioyning, is opened in opylacyons of the breast, agaynst the gummy matter of the eyes, parbrakyng, yelowe taundys, paynes and colykes in the ryghte syde of the belly.

And in the left hande it is opened agaynst al diseases of the splene, commyng of repletion and oppilacion, and is good to hele the hemorroides, phrenesy, colykes in the left syde, diseases of the veines, & to muche abundaunce of the floures.

The veine of the ryghte syde, if it be opened, is good in lyenteria, dissitria, dropsyes and other infirmities caused of colde matter.

The veine of the lefte side is good against apostumes and excoriacion of the bladder, paynes of the loynes, swellyng and stoppyng of the splene.

The veine of the belly is good agaynst diseases of the raynes, and purgeth out the

the melancholy blood.

The .iiii. veines about the place called pecten, on eyther syde the priuy members are good against superfluous yssues of the Hemoroides, and to swage paine in all diseases of the bladder, and the secret places, they stoppe the bleding of the nose and of other members, and are good to heale the lientery and strangury.

The veine ouer the foreskynne of the yearde, is opened against the dropsye and al diseases of the same member.

The veine vnderneth the saide skinne is holsome to be taken for the crampe or spasme, colike, swelling of the cods, strangury, dissurie, and diseases of the stone, both in the reines and in the bladder.

The two veines of the thyghes haue a synguler vertue in the curing of diseases in the bladder, and the reines.

The two veines in the legges, do serue against the dropsy, payne and apostemacions of the bladder, and the reines, and the the priuy members, and against gout and swelling of the knees.

The veine Saphena on the inner syde of

the legge, is opened against recention of the flowers, and in all diseases of the matryce, reynes, hippes, priuy places of men and women.

The outwarde Saphena, otherwise called Sciatica, descending from the legges on the outsyde, is exceeding good in cureing the payne of the hucklebone, whereof it hath the name Sciatica, and ouer that it heleth al diseases of the bladder and the bowels, goute of the handes and of the feete, with other payne of the ioyntes, and the palsy.

The two outward veynes vpon the ancles, are good to be opened for retencyon of the floures, they take away the sycknes of the splene, and ease the payn of ỳ backe, strangury, and stone.

The two veines vnder the litle Toe are good to purge the superfluitie of the matryce, and to heale Scrophulus of the face and the legges.

The two veines adioynyng to the litle Toe, cure the apoplexie, yelow choler, palsy, and al diseases of the reynes.

The

The two veines in the lesser iointe of the litle toe, are opened in curing of an olde cough, Pustles and Ophthalmia in the eyes.

The two veines in the middle Toe, are good against the Scrophules, and diseases of the face, spots, rednes, and pimples, watring of the eyes, cankeres and knobbes, & against the stopping of the floures. The veine on the left ioynt in the great Toe, is good against Ophthalmia of the eies, spottes of the face and the legges, ytch, and vlcers of euyll complexion, and purgeth superfluityes of the matryce. Thus much I haue declared of the vtilitie of veines.

FINIS.

The

The booke of Children.

TO begin a treatise of the cure of children, it shoulde seme expedyent, that we shoulde declare somewhat of the principles, as of the generacyon, they being in the wombe, the tyme of procedynge the maner of the byrth, the byndyng of the nauyl, setting of the members, Lauatories, vnctions, swathinges, and entreatements, with the circumstaunces of these and many other: which if I should rehearse in particles, it should require both a longer time, and encrease into a greater volume. But forasmuche as the most of these thinges are very true and manifest, some pertayning onely to the office of a midwyfe, other for the reuerence of the matter, not mete to be disclosed to euery vile person. I entende in this booke to lette them all passe, and to treate only of the thynges necessary, as to remoue ỹ sickenesses, wherby

he tender babes are oftentimes affected,
nd desolate of remedy, forsomuch as ma-
y doe suppose that there is no cure to bee
inistred vnto them, by reason of theyr
weakenes. And by that vaine opinion, yea
ather by a folishe feare, they forsake ma-
y that might be wel recouered, as it shal
ppeare by the grace of God hereafter, in
his litle treatise, whē we come to ỹ decla-
acion of the medicines. In the meane
eason for confinitie of the matter, I en-
ende to writ somwhat of the nource, & of
e milk, with the qualities, and compler-
ns of the same, for in that consisteth the
ief ponynt and sum, not only of the main-
naunce of helth, but also of the fourming
infecting either of the witte or maners,
s the Poet Virgil when he woulde dis-
ibe an vncurteis churlishe, and a rude
ndishioned Tyraunt, did attribute the
ulte vnto the geuer of the milke, as in
ying thus.

Nec tibi diua parens, generis nec Darda-
us author,
Perfide, sed duris genuit te cautibus hor-
ns Caucasus, hircanæque admorunt vbera

tigres

For that diuine Poet beyng throughly expert in the priuities of nature, vnderstode right wel howe great an alteration euery thing taketh of the humour, by the whiche it hath his alimente and nourishing in the youthe: whiche thing also was consydered and alleged of many wise Philosophers: Plato, Theophrastus, Xenophon, Arystotle, and Plinye, who dyd al ascribe vnto the nourtement as much effecte or more, as to the generation.

And Phauorinus the Phylopher (as writeth Aulus Gelyus) affirmethe that if the lambes be nourished with the milke of goates, they shall haue course wolle, like the heare of goates: and if kydes in lyke maner sucke vpon shepe, the heare of them shalbe soft like wolle.

Wherby it dooeth appeare, that the milke and norishing hath a marueilous effecte in chaunging the complexion, as we see lykewise in herbes & in plantes, for let the sede or ympes be neuer so good & pure yet if they be put into an vnkinde earth or watered with a noughtye and vnhole

some

some humoure, either they come not vp at all, or els they will degenerate and turne out of theyr kinde, so that scarse it may apeare from whence they haue bæn taken: according to the verse.

Pomaque degenerant, succos oblita priores.

Wherfore it is agræing to nature, so is it also necessary and comely for the owne mother to nurse the owne childe.

Which if it may be done, it shalbée most commendable and holsome, if not ye must be wel aduysed in taking of a nource, not of ill complexion & of worse manners: but such as shall bée sober, honest and chaste, well fourmed, amyable and chearefull, so that shee may accustome the infante vnto mirth, no dronkard, vicious nor sluttishe, for sutche corrupteth the nature of the childe.

But an honest womã, (such as had a mã childe laste afore) is beste not within two moneths after her deliuerance, nor approchyng nere vnto her time agayne. These thinges ought to bee considered of euery wise person, ỳ wil set their children out to nurce. Moreouer, it is good to loke vpõ the

milke, and to see whether it be thicke and grosse, or to muche thinne & watric, blackishe or blewe, or enclinyng to redneſſe or yelowe, for all suche are vnnatural & euil. Likewise when ye tast it in your mouthe, if it be eyther bitter, salt, or soure, ye may well perceiue it is vnholesome.

That milke is good, that is white and swete, and when ye droppe it on your nail, and do moue your finger, neyther sleteth abrode at euery stering, nor wil hang fast vpon your nayle, when ye turne it downwarde, but that whiche is betwene bothe, is best.

Sometyme it chaunceth that the milke wasteth, so that the nourse can not haue sufficient to sustaine the child, for ỹ which I wil declare remedies leauing out the causes for breuitie of time.

Remedies appropriate to the encreasing of milke in the brestes.

PAsneppe rootes, and fenell rootes sodden in brothe of chickyns, and afterwarde eaten with a litle freshe butter maketh encrease of mylke within the brestes.

An

An other.

The pouder of earthwormes dried and dronken in the broth of an neates tounge is a singuler experiment for ỹ same intẽt. Also the broth of an old cocke, with mintes cinamome and maces.

Rice also sodden in cowes milke, with the crummes of white bread, fenell seed in pouder, and a litle suger is exceeding good.

An other good medicine for the same.

Take Christal, and make it in fine pouder, & mere it with as much fenel sede and suger, and vse to drinke it warme with a litle wyne.

A plaister for the encrease of mylke

Take fenell, and Horehounde, of eucry one two handfuls, Aniseseede foure drams saffron a scruple in pouder, swete butter thre ounces, seeth thẽ in water and make a plaister to be layd vpon ỹ nurses brests.

These thinges haue propertye to augment the mylke, dyll, Anyseseede, fenell, Christall, Horehounde, freshe cheese, hony, Lettuse, Beetes, Pyntes, Carrette rootes,

rootes, Parsneps the dugges or vdder of a Cowe or a sheepe, Goates milke, blanched Almondes, Ryce porrage, a Cowes tongue dryed and made in pouder, potched egs, Saffron, and the iuyce of rosted beale dronken.

Thus mutch of the nourse, and of the milke: now wyl I declare the infirmities of childzen.

Although (as affirmeth Plinie) there bée innumerable passions and diseases, whervnto the body of man is subiecte, and as well may chaunce in the younge as in the olde: Yet for most commonly the tender age of chyldzen is chiefly vexed and greeued with these diseases folowing.

Apostume of the brayne.
Swelling of the head.
Scalles of the head.
Watching out of measure.
Terrible dreames.
The fallyng euill.
The palsey.
Crampe.
Stiffenes of limmes.
Bloudshotten eyes.

Watring

Watring eyes.
Scabbynesse and ytche.
Diseases in the eares.
Nealyng out of measure.
Brædyng of tæth.
Canker in the mouth.
Quinsye or swelling of thzote.
Cough.
Streightnesse of winde.
Feblenes of the stomacke and vomitinge.
Yeaping or hicket.
Colike and rumbling in the guttes.
Flux of the belly
Stopping of the belly.
Wormes.
Swelling of the nauill.
The stone.
Pylling in bed.
Brusting.
Fayling of the skynne.
Chasing of the skinne.
Small Pockes and Measels.
Feuers.
Swelling of the Coddes.
Sacer ignis or Chingles.

Burning

Burnyng and scalding.
Rybbes.
Consumpcion.
Leanesse.
Oogle eyes.

Of the Apostomes of the brayne.

IN the Filme that couereth the brayne chaunceth oftentymes Apostemacion and swellyng, eyther of to much crying of the childe, or by reason of the milke immoderately hot, or excesse of heat in the blood, or of colde fleume, and is knowen by these sygnes.

If it be of hote matter, the heads of the chylde is vnnaturally swollen, redde and hote in the feling: if it come of colde matter, it is somwhat swollen, pale and colde in the touchyng, but in both cases ỹ childe cannot rest, and is euer loth to haue his head touched, crieth and weyeth it selfe, as it were in a frensie.

Remedy.

Make a bathe of mallowes, camomyll, and Lilyes sodden with a shepes head, til the

the bones fall, and with a ſponge or ſofte cloutes, all to bathe the head of the chylde in a colde apoſtume, with the brothe hote as may bee ſuffered, but in a hote matter, weete the brothe luke warme, or in the coolyng, and after the bath, ſette on a plaiſter thus.

A playſter.

Take fenugreeke, camomill, wormewood, of euerye one an handfull, ſeeth them in a cloſe veſſell, till the thyrd parte be conſumed, then ſtampe them in a morter, and ſtyre them, to the which ye ſhall put of the ſame brothe againe ynoughe to make a plaiſter, with a litle beane floure, yolkes of egges and ſaffron, addynge to them freſhe butter or duckes greaſe ſuffyciente, and applye it. In a colde matter let it lye a daie: but in a hote cauſe ye muſt remoue euery fire houres.

Of ſwelling of the heade.

INflacion or ſwelling of the head, commeth of a windye matter, gathered betwene the ſkinne and the fleſhe, and ſometyme betwene the fleſhe and the bones of the ſcul, the tokens whereof, are manifeſt

seft ynough to the syghte, by the swelling or poffing vp, and pressed withthe finger, there remaineth a print, which is a signe of winde and viscous humours, yee shall heale it thus.

Remedy.

First left the nourse auoide al thinges that engender winde, salte or slimye humours, as beanes, peason, eles, salmon, saltfishe and like: then make a playster to the childes head after this fashion.

Take an handefull of fenell, smallache, and dille, and seth them in water in a close vessell, afterward stampe them, and with a litle Cummin, & oile of bitter almonds, make it vp, and lay it often to the childes heade warme. In defaulte of oyle of almones take gosegreace, addinge a lytle vineger.

And it is good to bathe the place with a soft cloth, or a spoung in the broth of these herbes: Rue, time, maioram, yslope, fenell, dille, cũming, Sal nitre, mints, radish roots, rocket, or some of them, euer taking hede that there drope no porcion of the medicines in the babes eyes, mouth, or eares.

Scalles

Scalles of the heade

The heades of childzen are oftentimes vlcered and ſcalled, as well when they ſucke, and then moſt commonly by reaſon of ſharpe milke, as alſo when they haue bene wayned, and can goe alone. Sometimes it happeneth of an euill complexion of humours by eating of rawe fruite, oz other euill meats, and ſometime by long continuing in the ſunne, many times by dzopping of reſtie bakon, oz of ſalte beefe on their bare heades.

Otherwhiles they bee ſo bozne out of theyz mothers wombe, and in all theſe is no great difficultie tyl the heare be growē but after that, they requyze a greater cure and a cunnyng hande, notwithſtanding as God ſhall geue me grace, here ſhalbe ſayde remedies foz the cure of them, ſuch as haue bene oftentimes appzoued wherin I haue entended to omitte the diſputacions of the difference of ſcales, and the humoures wherof they do pzocede, and will goe ſtreight to the compoſicion of medicines, folowinge the good experience, here enſuing.

Remedies

Remedyes for ſcalles.

If ye ſee the ſcalles like the ſhelles of oyſters, blacke and drie, cleauing vpon the ſkinne, one within an other, ye may make a fomentacion of hot and moyſte herbs, as Fenugreke, Holy hocke, Beares breche, Lineſeed, and ſuch other, ſodden al or ſome of them in the broth of Netes feete, and ſo to bathe the ſores, and after that applye a ſoft plaiſter of the ſame herbs, with Gooſe greaſe or butter, vſinge this ſtil, till ye ſee the ſcab remooued, and then waſh it with thy iuyce of Horehound, Smallach, & Betonie, ſodden together in wyne, and after the waſhing put vpon it pouder of Myrre, Aloes, and Frankencenſe, or hold his head ouer a chafyng dyſshe of coles, wherin ye ſhall put Frankencenſe and Saunders in pouder.

But yf ye ſee the ſcabs be very ſore and mattrie, with great paine and burnyng of the hed, ye ſhal make an oyntment to coole the matter thus.

An oyntnent to coole the burning of a ſore head.

Take white leade and Lytarge, of euery one

one.v. drammes, Lie made of the asshes of a vine three drammes, oile of roses, an ounce, ware an ounce, melt the ware first, then put to the oile and lie, with the reste, and in the ende.ii. yolkes of egges, make an ointment, and laye it to the head. This is the composicion of Rasis.

An other ointment singuler for the same purpose.

Take bettony, grounswell, plantaine, Fumitory, and daises, of euery one like muche, stampe them, and mingle them with apounde of freshe swines greace, and let them stand closed in a moist place .viii. daies, to putrify, then frie them in a pan, and straine them into a cleane vessell, and ye shall haue a grene ointment of a singuler operacion for the saide disease, and to quenche al vnknde heates of the body.

Also ye must vse to shaue the head, whatsoeuer thinges ye do lay vnto it.

If there lacke the cleansinge of the sores, and the childe weaned, ye shall do well to make an ointement of a litle turpentine, bulles gall, and hony, & lay vpon the sores.

Also it is proued, that the vrine of a bulle

is a singuler remedy to mũdify the sores, and to lose the heares by the rootes, with out any peine or perell.

The iuice also of morell, daisie leaues & groundswell fryed with greace and made in an ointment, coleth all vnkinde heates and pustles of the head.

Here is to be noted, that during this disease in a sucking childe, the nource must auoide all salt, and sower meates that engender cholere, as mustarde, vineger, and such: and almaner fruites, (except a pomegranade) & she must abstaine in this case, both from egges, and from other kinde of white meates in general, and aboue al she may eate no dates, figges, nor purcelane, for manye holde opinion that Purcelane hath an euill propertie to breede scabbes and vlcers in the head.

Moreouer the childes head may not bee kept to hote, for that is oftentimes the cause of this disease.

Somtimes it chaunceth ỹ there breedeth in the head of childrẽ as it were litle wartes or knobbes somwhat hard, and can not be resolued by the said medicines. Wherfore

foꝛe whē ye ſe ẏ none other thing wil help, ye ſhal make a good ointmēt to remoue it, in maner as hereafter is declared.

An excellent remedy for wartes or knobbes of the head.

Take Litarge and white lead, of eche a like quantitie, bꝛimſtone and quicke ſiluer quenched with ſpittle, of eche a leſſe quantitie, twiſe aſmuch oile of roſes, & a ſpone-full oꝛ two of vineger, mixe them altogither, on a Marble til they be an ointment an lay it on the head, and when it hath ben dꝛy an houre oꝛ .ii. waſh it of with water, wherin was ſoddē maiozam, ſauery and mints, vſe it thus twiſe a day, mozninge and euening, ttill ye ſee it hole. This thing is alſo good in all the other kind of ſcalles.

Of watching out of meaſure.

SLeepe is the nouriſhement and foode of a ſuckinge childe, and aſmuche requiſite as the verie teate, wherefoꝛe when it is depꝛyued of the natural reſt, al ẏ whole body falleth in diſtemper: cruditie and weakenes, it pꝛocedeth commonly by coꝛruption of the milke, oꝛ to muche aboundaunce, which ouerladeth the ſtomack, and

for lacke of good digestion, vapours and fumes arise into the head, and infecte the braine, by reason whereof the childe cannot sleepe, but turneth and vexeth it selfe with crying.

Therfore it shalbe good to prouoke it to a natural slepe thus, according to Rasis.

Annoint the foreheade and temples of the child, with oile of violets and vineger, putting a drop of two in the nosethrilles, and if ye can gette any sirrup of poppie, geue it the child to licke, and then make a plaister of oile of saffron, lettuse, and the iuice of poppy, or wette cloutes in it, & lay it ouerthwart the temples.

Also the seedes and the heades of poppie, called Chesbulles, stamped with rose water, and mixte with Womans milke, and the white of an egge, beaten all together and made in a plaister causeth the childe to receiue his naturall sleepe.

Also an ointment made of the seede of poppy and the heads, one ounce, oile of lettuse, and of poppy, of eche .ii. ounces, make an ointment and vse it.

They that can not gette these oiles may take

take the herbes, or iuice of lettuse, purcelane, houseleke, and poppy, and with womans milke, make a plaister, and lay it to the forehead.

Dyle of violettes, of roses, of Nenuphar are good, and oile of populeon, the broth of mallowes sodden, and the iuice of water plantaine.

Of terrible dreames and feare in the slepe.

OFtentimes it happeneth that the child is afraide in the sleepe, and somtimes waketh sodeinly, and sterteth, sometime shriketh and trembleth, which effecte commeth of the arising of stinking vapours out of the stomake into the fantasie, and sences of the braine, as ye maye perceiue by the breath of the childe: wherefore it is good to geue him a litle hony to swallowe, and a litle pouder of the seedes of Peonie, and sometimes triacle, in a litle quãtitie with milke, and to take hede that the child slepe not with a full stomacke, but to beare it about waking, til part be digested, and when that it is laide, not to rocke it much, for ouermuche shaking letteth digestion,

and maketh the chylde manye times to vomite.

The falling euill called in the greke tonge epilepsia.

NOt onely other ages but also litle chil-dren, are oftentimes afflicted, with this greuous sickenes, somtime by nature receiued of the parentes, and then it is im-possible, or difficile to cure, sometime by e-uill and vnholsome diet, wherby there is engendred many cold and moist humours in the braine, wherupon this infirmitie proceedeth, whiche if it be in one that is young and tender, it is very harde to be remoued, but in them that are somewhat stronge, as of seuen yeeres and vpwards, it is more easy.

I finde that many thinges haue a na-tural vertue against the falling euill, not of any qualitie, elemental, but by a singu-ler property, or rather an influence of hea uen, which almightie God hath geuen vnto thinges here in earth, as by these and other.

Saphires, Smaragdes, red corall, Pio-nye, Mistletowe of the Oke, taken in the moneth

moneth of Marche, and the moone decreasing, Time, Sauein, dil, and the stone that is found in the belly of a yonge swallow, beeing the first broode of the dam. These or one of them, hanged about the necke of the childe, saueth and preserueth it from the sayd sickenesse. Now will I describe some good and holsome medicines to be taken inward for thesame disease.

If the childe be not very young, the maw of a Leueret, dronke with water and hony cureth thesame.

A medicine for the fallinge sickneſſe.

Take the rote of Piony, and make it into pouder, and giue it to the childe to licke in a litle pappe and suger.

They that are of age, may eate of it a good quantity at once and likewise of the blacke sedes of thesame Piony.

Item the purple violets that creepeth on the grounde in gardeins with a longe stalke, and is called in english Hartesease dronken in water, or in water and Hony, helpeth this disease in a yonge childe.

Moreouer the muscle of the oke raſed

and giuen in milke, or in water and hony, is good.

Also ye may still a water, of the flowers of lind, it is a trée called in latin Tilia, ỹ same whereof they make ropes & halters of the barke, take thesame flowers and distill a water, and let the pacient drink of it now and than a sponeful, it is a good remedy.

Item the roote of the sea thistle called Erigum in Latin, eaten in broth or dronkē is excéding good.

Some write that Cicorye, is a singuler remedy for thesame disease. It is ment by wilde Cicory, growing in the cornes.

The flowers of rosemary, made in a conserua hath the same effecte in curinge this disease.

I could declare many other remedyes commended of authours, but at this time these shalbe sufficient.

Now I will intreate somewhat of the palsey.

Of the palsey or shaking of members.

The cure of the palsey in a childe, is not lyke to that which is in elder age, for the

the sinues of a childe be very nesh and tender, & therfore they ought to haue a mutch weaker medicine, euermore regardinge the power of the sickenes, and the vertue or debility of the grieued pacient.

For sometimes the childe can not lifte neither legges nor armes, which if it happen durynge the suckinge, than must the nource vse a dyet enclyninge to hotte and drie, and to eate spices, as Galingale, Cinamom, Ginger, Macis, Nutmigs and sutch other, with rosted and fried meates, but abstayne from milke and all manner fishe. And it shall bee good for her, to eate, a lectuary made after this sort. Take mints Cinamon, Cummin, Rose leaues dried, Mastike, Fenugreke, Valerian, Ameos doronisi, Zedoary, cloues Saunders, and Lignum aloes, of euery one a dramme, Muske halfe one dram, make an electuary with clarified Hony, and let her eate of it, and giue the childe as much as halfe a nut euery day to swallow.

A playster.

Take an ounce of ware, and a dramme of Euphorbium, at the potecaries, and temper

per it with Dyle Dliue on the fier, and make a serecloth, to comforte the backe bone, and the sinewes.

A goodly lauatory for the same purpose.

Take lie of ashes, and sæth therin bayburies, and asmuch piony sædes, in a close vessel to the third part, and wash the childe often with the same.

Item a bath of sauery, Maioram, time, sage, nepte, smallage, and mintes, or some of them is very good and holsome.

Also to rubbe the backe of the childe and the limmes, with oyles of roses and spike, mixte together warme, and in stæde of it ye may take oyle of bayes.

Of the Crampe or spasmus.

THis disease is often sæne amonge children and commeth very lightly, as of debilitie of the nerues and cordes, or els of grose humours, that suffocate, thesame, the cure of the which is declared of authors to be done by frictions & ointments that comforte the Synowes and dissolue the matter, as oyle of Floredeluice, with a litle Anise, Saffron and the rootes of

Piony.

Piony.

Item oyle of camomill, Fenugreke and Melilote, or the herbes sodden, Betony, wormewood, veruein, and time, are exceeding good to wash the childe in.

Item the playster of Cuphorbium, written in the cure of palsey.

Of the stifnes or starckenes of limmes.

SOmetimes it happeneth that the lims are starke, and can not well come together without the greater payns, whiche thinge procædeth many times of colde, as when a childe is founde in the frost, or in the strete, cast awaye by a wicked mother, or by some other chaunce, although I am not ignorant that it maye procede of manye other causes, as it is saide of Rasis, and of Arnolde de villa noua, in his booke of the cure of infantes.

And here is to be noted, a wonderfull secrete of nature, many times approued, written of Auicen in his firste Canon, and of Celeus Antiquarum electionum lib. .13. Capit. 37. that when a member is vterly benummed and taken through cold,

so that the pacient can not feele his lim-
mes, nor moue them according to nature,
by reason of the vehement of congelaciō of
the blode, in such case ẏ chiefest help or re-
medy is to not set thē to the fier to receiue
heat, for by that meanes, lightly we se that
euery one swowneth and many dye out-
right, but to sette the feete, legges, and ar-
mes, in a paile of clere colde water, which
immediatly shall dissolue the congelacion,
& restore the blood to the former passage
and freedome, after that yee may lay the
pacient in a bedde to sweat, and geue him
hote drinke and caudels or a coleis of a ca-
pon hote, with a litle cinamome and saf-
fron, to confort the hart. An argument of
this crus ye may see thus.

When an apple or a peare is frosen in the
winter, set it to the fyre, and it is destroi-
ed: but if ye put it into colde water, it shall
as well endure as it did afore, wherby it
doth appere, that the water resolueth cold,
better with his moysture, then the fier can
do be reason of his heate: for the water re-
lenteth, and the fire draweth and drieth,
as affirmeth Galene in his booke of ele-
mentes,

mentes.

Hitherto haue I declined by occasion, but I trust not in vaine to the reader, now to my purpose.

When a young childe is so taken with a colde, I esteme it best for to bath the body in lucke warme water, wherin hath bene soddē Maioram and time, isope, sage, mintes, and suche other good and comfortable herbes, then to relieue it with meates of good nourishment, according to the age and necessitie, and if neede be, when ye see the limmes yet to be starke, make an ointment after this fourme.

An ointment for stiffe and stoined limmes.

Take a good handefull of nettels, and stampe them, then seth them in oile to the third parte in a double vessell, keepe that ointment in a drie place, for it will last a great while and it is a singuler remedy for the stifnes that commeth of cold, and who so annointeth his handes and fete with it in the morning, shal not be grieued with colde al the daye after.

The sedes of nettels gathered in haruest

and

and kept for the same entent, is excéeding good sodden in oyle, or fried with swynes greace, which thinge also is very good to heale the kybes of hæles, called in Latin Perniones. The vrine of a goate with the donge stamped and layd to the place, resolueth the stifnes of limmes.

When the cause commeth not by extreme colde, but of some other affection of the sinows and cordes, it is best to make a bath or a fomentacion of herbs that resolue and comfort the sinowes, with relaxacion of the grose humours, and to open the pores, as by example thus.

Take Malows, Holyhocke & dill, of eche a handfull or two, séeth them in the water of netes féete, or in broth of flesh without salt, with a handfull of bran and cummin, in the which ye shall bathe the childe, as warme as he may suffer, and if yee sée necessitye, make a playster with the same herbes, and lay it to the gréefe with a litle goosegrece, or duckes grece, or if it may be got, oyle of Camomil, of Lilies, and of dil, clothes wet in the sayd decoction, and layd about the members helpeth.

Of

Of bloud shotten eyes, and other infirmities.

Sometime the eyes are bloudshotten, & other whiles increasing a filthy and white humour, couering the sight, the cause is often of to mutch crying, for the which it is good to droppe in the eyes a litle of the iuice of nightshade, otherwise called Morell, and to annoint the forehead with the same, and if the eye swell, to wet a cloth in the iuice, and the white of egs, and lay it to the greefe.

If the humour be clammish and toughe, and cleueth to the corners of the eyes, so that the childe cannot open them after his slepe, it shalbe remooued with the iuyce of housleke, dropped on the eie with a fether.

When the eye is bloudshotten and red, it is a singuler remedy to put in it ỹ bloud of a younge Pigion, or a Doue, or a Partriche, either hoate from the Birde, or els dried and made in pouder, as subtyll as may be possible.

A playster for swelling and payne of the eyes.

Take Quinces and crummes of whyte bread,

bread, and seeth them in water till they be softe, then stampe them, and with a litle Saffron and the yolkes of two egs, make a plaister to the childes eies and forehead. Ye may let him also receyue the fume of that decoction. It is also good in the Meygrim: if ye wyll haue further, loke in the Regymente of lyfe, in the declaration of paynes of the head.

Of watring eyes.

IF the chyldes eyes water ouermutch, without crying, by reason of a distillacio comming from the head, Manardus teacheth a goodly playster, to restraine the reumes, and is made thus.

Hartes horne brent in pouder, and washed twise, Guaiacum, otherwyse called Lignum sanctum, Corticumthuris, Antimonie, of eche one part, muske the third part of one part, make a fine pouder and vse it with the iuce or water of Fenell. These things haue vertue to staūch the running of the eyes. The shelles of snayles brente, the ticke that is found in the dugs of kine, Philypendula, Frankensence, & the white of an egge layd vpon the forehed, flewrte

or

or the water wherin it steped, Tutie, ℔ water of buddes of oke stilled, beane floure finely sifted, and with the gumme of a cheritree steped in vineger, and layed ouer all the temples.

Of scabbines and ytche.

SOmetime by reason of excesse of heate, or sharpenesse in the mylke, through the nourses eating of salte and eygre meates, it happeneth that a chylde is sene full of ytche by rubbing, fretinge, and chafing of it selfe, encreasinge a scabbe called of the Greekes Psora: whiche thing also chaunceth vnto many after they be wened, proceding of salte and adust humoures, the cure wherof differeth in none other, but according to the difference of age, for in a sucking babe the medicines maye not be so sharpe, as it maye be suffered in one that is already weaned. Againste suche vnkinde ytche, ye may make an ointment thus.

Take water of betony, two good handfuls, daysy leaues, and Alehofe otherwise called Tudnour or ground Iuie, of ech one handful, the red docke rotes, two or three,

ſtampe them altogether, and grinde them well, then mingle them with freſh greaſe and againe ſtampe them.

Let them ſo ſtand .viii. dayes to putryfie till it be hoare, then fry them out & ſtraine them and kepe it for theſame entent.

This ointment hath a great effect both in yonge and olde, and that without reper cuſſion or dryuinge backe of the matter, which ſhould bee a perillous thinge for a young childe.

The herbe water Betony alone, is a great medicine to quēch all vnkinde heats without daunger, or the ſeethinge of it in cleare Well water, to annoynt the mem bers. It is a common herbe and groweth by Ryuers ſides, and ſmall runninge wa ters, and wet places, aryſing many times the heyghte of a man out of the grounde where hee reioyſeth, with a ſtalke foure ſquare, and many braūches on euery ſyde and alſo it beareth a whitiſh blew flower very ſmal, and in harueſt it hath innume rable ſeedes, blacke, and as fyne as the ſæde of Cutſone or les, the leaues big and longe accordinge to the ground, ful of iuice,

iagged

tagged on the sides like a Saw, euen as o-
ther Betonye, to whom it approcheth in
figure, and obteyneth his name of water
Betony. The sauour of the leafe is sum-
what heauy, most lyke to the sauour of el-
ders or Walwort, but when it is brused
it is more pleasant, which thing inducеth
me to vary from the mindes of them that
thinke this herbe to bee Galiopsis in Dios-
corides, written of him that it should stink
when is is stãped, but the more this herb
is stamped, the more sweet and herbelike
it sauoureth: therfore it can not bee Gali-
opsis, and besides that, it is neuer found in
dry and stony ground as that Galiopsis is.
Nether is this herb mencioned of the new
nor olde authours: as far as I can see, but of
only Vigo, the famus surgion of our time
in Italy, which writeth on it, that this
herbe exceedeth all other in a malo mortuo
(so calleth he a kinde of lepry Elephantike,
or an vniuersall and fylthy scabbe of all
the bodye:) and in lyke manner hee sayth
it is good for to cure a canker in the brests.
Ye may reade these thinges in his second
Booke, Capitul. three, and his fifte booke

of the French pockes, in the third chapter wher he doth describe this aforesaid herbe with so manifest tokens, that no mã will doubt it to be water betony, conferring the booke & the herbe duly togeather. Moreouer he nameth in Italy a brydge where it groweth in the water in great aboundãce and is called of that nation Alabeueratore whiche in deede the Italians that come hyther and know both the place and ỹ herbe do affirme plainly, it is our water betony. And wheras he allegeth Dioscorides inclimeno, whiche by contemplacion of bothe hath but small affinitie or none with this herbe, it was for nothing els but lacke of the tõges, which faute is not to be to highly rebuked in a man of his study, applying him selfe more in the practise of surgery, and to handy operacyon, wherein in dede he was nere incomparable, then he dyd to searche the variaunce of tongues, and rather regarded to declare the operacion of thinges with trueth, then to dispute vpon the properties or names with eloquence: Thus haue I declined again frõ my matter, partly to shewe the discription of this

holesome herbe, partly to satisfie ỹ mindes of the surgions in Vigo, whiche haue hytherto red the said places in vain, and furthermore because ther is yet non that declareth manifestly the same herbe.

An other remedy for scabbes and itche.

Take the rotes of dockes, and fry them in fresh grese, thē put to a quantitie of brimstone in pouder, and vse to rub the places twise or thrise a day. Brimstone poudred and supped in a rere egge healeth the scabbes, whiche thing is also very good to destroye wormes.

A goodly swete sope for scabbes and itche.

Take white sope halfe a pounde, and stepe it in sufficient rosewater, tyll it bee wel soked, then take two drāmes of mercury sublimed, dissolue it in a lytle rosewater, laboure the sope and the rosewater wel together, and afterward put it in a lytle muske or Ciuete, and kepe it. This sope is exceeding good to cure a great scabbe or itche, and that without perill, but in a child it shall suffyse to make it weaker of the mercury.

An other approued medicine for scabbines and ytche.

Take Fumitory, docke rootes, Scabious and the roote of walwort, stampe them all and set them in freshe grease to putrifye, then fry them and strayne them, in which licour ye shal put turpentine a litle quantity, Brimstone and frankensence very finely poudred and sykted a porcion, and with sufficient ware make an oyntmente on a softe fyer: this is a singuler remedy for the same purpose. But in this cure ye ought to giue the childe no Egges, nor any egre or sharpe meate, and the nurce also must auoyd the same, and not to wrap it in to hot, and if nede bee, to make a bath of Fumitory, Centaury, Fetherfew, Tansy, Wormewood, and Sage alone, if ye see the cause of the ytche or the scabbe to bee wormes in the skin, for a bitter decoction shall destroy them, and drye vp the moystures of the sores.

Of disease in the eares.

Many diseases happen in the eares as payne, apostumes, swellings tinking and sound in the head, stoppinge of the or-

gans

gans of hearinge: water wormes, and other infortunes gotten into ỹ eares, wher of some of them are daungerous and hard to be cured, some other expelled of nature without medicine.

Remedy for payne in the eares.

For paine in the eares without a manifest cause, as often chaũceth, it is a singuler remedy to take the chestwormes, ỹ are found vnder barkes of trées, or in other stumps in the ground, & wil turne rounde lyke a pease, take of them a good quantity, & sæth them in oyle, in the rind of a Pomgranade on the hot imbers, ỹ it bren not, and after that strain it & put into the ears a drop or two luke warme, and then let him lye vpon the other eare, and reste: yæ may giue this to all ages, but in a Childe ye must put a very litle quantity.

An other.

The hame or skin of an adder or a snake, that she casteth boiled in oile, & dropped into the eares, easeth the payn, and it is also good for an eare that mattereth, myngled with a litle hony, and put in luke warme. It is also good to droppe into the eares the

iuyce of Organy and milke.

For swelling vnder the eares.

Painters oyle, which is oyle of linesæde, is exceeding good for the swellinge of the eares, and for paine in the eares of al causes. Item a playster made of linesæde and dill, with a litle duckes grece and hony. If ye see the apostume breake, & run, ye may clense it with the iuice of smallache, the white of an egge, barly flower and Hony, which is a common playster to mundify a sore. Whē the eares haue receiued water or any other licoure, it is good to take and stampe an onion, and wringe out the iuice with a litle gosegrese and drop it hot into the eares as it may be suffred, and lay him downe on the contrary side an houre, after that cause him to nese, if his age wil suffer with a litle pellitory of Spaine, or nesing pouder, and then entline his eare downeward, that the matter may issue.

For wormes in the eares.

Take mirre, aloes, and the sæde of Colocinthes, called coloquintida of the Apotecaries, a quantity of eche, sæth them in oyle of roses, and put a litle in the eare. Mirre

hath

hath a great vertue to remoue the ſtenche that is cauſed in the eares by any putrefaction and the better with oyle of bytter almonds, or ye may take the iuce of wormwood with hony and ſalte peeter.

For winde in the eares and tinkling.

Take mirre, ſpikenard, Cuumin, Dyll, and oile of camomil, and put a drop in the eares. They that haue not all theſe, may take ſome of them, and apply it according to diſcretiõ. To amend deaffenes, ye ſhall make an ointment of an Hares gall, & the greaſe or droppinge of an æle, which is a ſouerayne thing to recouer hearing.

Of neſinge out of meaſure.

When a childe neſeth out of meaſure ỹ is to ſay with a long continuãce and therby the brayne and vertues animal be febled, it is good to ſtop it, to auoyde a further inconuenience.

Wherfore ye ſhal anoynt the head with the iuce of Purcelane, ſorel, & Nightſhade, or ſome of them, & make a playſter of the white of an egge, and the iuce, with a litle oyle or roſes, and emplaiſter the forehead and temples, with the milke of a woman,

oyle

oile of roſes, and vineger a litle.

If it come of colde reume, ye ſhal make a plaiſter of maſtike, frankenſence, mirre, wine, and apply it to the former part of ỹ head: A fome of the ſame receiued in flar, & laid vpon the childes head, is holeſome.

Breeding of teeth.

ABout the ſeuenth moneth, ſometime more ſometime leſſe, after the byrth, it is natural for a childe for to breede teeth, in whiche time many one is ſore vexed with ſondry diſeaſes and paines, as ſwelling of the gummes and iawes, vnquiete crying: feuers, crampes, palſies, fluxes, Reumes, and other infirmities, ſpecially, when it is long or the teeth come forthe, for the ſoner they appeare, the better, and the more eaſe it is to ỹ childe. Ther be diuers thinges that are good to procure an eaſy breeding of teeth, amonge whom the chiefeſt is to annoynt the gummes, with the braines of an Hare, mixt with aſmuch capons greaſe and hony, or any of theſe thinges alone, is exceding good to ſupply the gummes and the ſinewes.

Alſo

Also it is good to washe the childe two or three times in a weeke, with warm water, of the decoction of camomil, holyhock, and dill. Freshe butter with a litle barley floure or Hony, with the fine pouder of frankensence and liquorice, are commended of good authours for the same intente. And when the paine is great, and intollerable, with apostume or inflammacion of the gummes, it is good to make an oyntment with oile of roses with the iuice of morel, other wise called nightshade, and in lacke of it, annointe the iawes within, with a litle fresh butter and hony.

For lacke of the hares braine, ye maye take the conyes, for they bee also of the kyndes of hares, and called of Plinie Dasipodes, whose mawes are of the same effect in medicine, or rather more then it is writ ten of authours, of the mawes of hares.

If ye see the gummes of the childe to apostume, or swel with soft flesshe, full of matter & painful, the best shalbe to anoint the sore place with the brain of an Hare, and capõs grease, equally mixt together, & after that ye haue vsed this, once or twise,

annointe

anoynte the gummes and apostumacions with hony.

Thirdly if this helpe not, take turpentine mixt with a litle hony in equal porcion. And make a bath for the head of the childe, in this fourme folowing.

Take the floures of camomill and dyll, of eche an handful, seeth them in a quarte of pure renning water, vntil they be tẽder and wash the head afore any meat, euerye morning, for it purgeth the superfluity of the braines, through the seames of ẏ skul, and withdrawerth humours from the sore place, finally comforteth the brayne & all the vertues animal of the childe.

To cause an easy breding of teeth, manye thinges are rehersed of authours, besides the premisses, as the first cast tothe of a colt, set in siluer & born, or red coral in like maner, hanged about the neck, wherupon the childe shoulde oftentimes labour his gummes, & many other like, whiche I leaue out at this time to auoid tediousnes onely content to declare of this coral, that by consente of al authours, it resisteth the force of lightning, helpeth the childeren of

the

the falling euyl, and is very good to bee made in pouder, & dronken against al maner of bleding of the nose or fundamente.

Of canker in the mouthe.

MAnye times by reason of the corrupcion of the milke, venemous vapours arysinge from the stomacke, and of many other infortunes ther chanceth to breed a canker in the mouthes of childzen, whose signes are manifest ynough, that is to saie by stinking of the mouthe, paine in the place, continuall runnyng of spittle, swelling of the cheeke, & when the mouth is opened against the sunne, ye maye see clerly where the canker lyeth. It is so named of the latter sort of phisicions, by reason of creping and eating forwarde and backward, and spreadeth it selfe abrode, like the fete of a Creues, called in latin Cancer, notwithstanding, I know that the Grekes, and auncient latins, giue other names vnto this disease, as in calling it an Vlcer, otherwhiles Aphthe, nome, carcinomata, & lyke, whiche are al in english knowen by the name of canker in the mouth, and although there be manye kindes according

to

to the matter, wherof they be engendred, and therfore require a diuersity of curing, yet for the most part, when they be in children, the cure of them all differeth very lytle or nothing, for the cheife intent shalbe to remoue the malignitie of the sore, and to dry vp the noysome matter & humours then to mundify & heale, as in other kinds of vlcers.

Remedies for the canker in the mouthe of children.

TAke drie red roses, and violets, of eche a like quantitie make them in pouder, and mixe them with a litle honie, this medicine is very good in a tēder sucking child, and many times heleth alone without any other thing at all. But if ye see there be great heat and burning in the sore, with exceding pain, ye shall make a iuice of purcelane, lettuse & nightshad, and wash ỹ sore with a fine piece of silk, or driue it in with a spout, called of ỹ surgions a spring. This by the grace of god, shall abate ỹ brenning aswage the pain, & kil the venim of the vlcer. But if ye see the canker yet encrease with great corruption and matter, ye shall

make

make an oyntment after this manner.

Take mirre, galles, wherwith they make ynke, or in defaulte of them oken apples dried, frankēsence, of eche a like much of the black buries growing on the bramble takē from the buth while they be grēn the.iii.part of al the reſt, make them all in pouder, and mixe them with aſmuch honie and ſaffron, as is ſufficient, and vſe it.

A ſtronger medicine for the canker in the mouth of children.

Take the roote of Celidoni dried, the rinde of a pomegranade, red coral in pouder, and the pouder of a hartes horne, of eche a like, roche alume a litle. Firſt waſh the place with wine, or warme water, and honie, and afterwarde put on the foreſaide pouder, very fine and ſubtile.

An other ſinguler medicine for the canker in the mouth of al ages.

R. Iſope, ſage, rue, of eche one good handfull, ſeeth them in wine and water to the thirde part, then ſtrain them out, and put in it a litle white coperoſe, according to neceſſytie: that is to ſaye, when the ſore is great, put in the more, when it is ſmall,

ſmall, ye may take the leſſe, then ad to it a quantity of hony clarified, and a ſponefull or two of good aquauite, waſh the place w̄ it, for it is a ſinguler remedy to remooue the malice in a ſhort while, which done, ye ſhal make a water incarnatiue & healing thus. R. Ribwort, bitony, & daiſes, of eche a handful, ſæth them in wine and water, and waſh his mouth two or thræ times a day with theſame iuice. Moreouer ſome write that chriſtall made in fine pouder, hath a ſinguler vertue to deſtroy the canker, and in like manner the pouder of an harts horne brent with aſmuch of the rind of a Pomgranade and the iuyce of Nightſhade, is very good and holeſome.

Of quinſie and ſwelling of the throte.

THe Quinſie is a daungerous ſickenes both in yonge and olde, called in Lattin Sangina, it is in an inflammacion of the necke, ſwelling and great payne, ſomtime it lyeth in the very throte, vpon the weſaunt pype, and then it is excædinge perylous, for it ſtoppeth the breth, and ſtrangleth the pacient anone. Otherwhyles it breaketh out like a bonche on the one ſide

of

of the necke, and then also with very great difficultie of breathing, but it choketh not so sone as the fyrst doeth, and it is more obedient to receiue curation.

The signes are apparant to sight, & besides that the child cannot crye, nether swallow down his meat and drinke without paine.

Remedy.

It is good to annoint the griefe with oile of dil, or oyle of cammomil, and Lilles, and to lay vpon the head, hot cloutes dipt in the waters of rosemary, lauender, and sauery. The chiefest remedie commended of authoures in this outragious sicknes, is the pouder of a swallowe brent with fethers and al, and mixt with honie, whereof the pacient might swallow down a litle, and ỹ rest annointed vpon the pain. They praise also the pouder of the childes dunge to the childe, and of a man to a man, brent in a pot, and annointed with a litle honie. So make a compound ointment of both, the receite is thus. R. of the swallow brente one porcion, of the second pouder another make it in a thicke fourme with hony, and it wil endure longe for the same entente.

T Item.

Item another experiment for the quinsy and swellyng vnder the eares. Take the mucherom ỳ groweth vpon an elder tree, called in englishe Iewes eares (for it is in dede croncled and flat, muche like an eare) heate it against the fyre and put it hot in any drinke, the same drink is good and holsome for the quinsy. Some hold opinion, that who so vseth to drink w̄ it, shal neuer be troubled with this disease, and therfore cary it about with them in iourneies.

Of the Coughe.

The cough in childzen for the most part, procedeth either of colde or by reason of reumes, descending from the head into the pipes of the longes or the breast: & that is most commonly by ouermuch aboundaūce of milke corrupting the stomacke and braine: therefore in that case, it is good to fede ỳ childe with a more slender dyet & to annoint the head ouer with hony, and now and then to presse his tong with your finger, holding downe his head that the reumes may issue, for by ỳ meanes the cause of the cough shal rūne out of his mouth, and auoide the childe of many noughtie and

slimy

slimy humoures: whiche done, manye tymes the pacient amendeth without any further helpe of medicine.

For the coughe in a childe.

Take gumme Arabike, gumme dragagant quince sedes, liquirice and penidies, at the apothecaries, breake them altogether, and geue the child to sup a litle at once, with a drought of milke new warme, as it commeth from the cowe. Also stampe blaunched almons, and wring them out w̄ the iuice of fenell, or water of fenel, and geue it to the childe to fede with a litle suger.

Agaynst the great cough and heate in the body.

The heades of white poppie, and gum Dragagant, of eche a like much, long Cucumer sædes, as much as all, sæthe them in whay, with Reasons and Suger, and let the childe drinke of it twise or thrise a day luke warme or colde.

Of straitenes of winde.

AGainst ẏ straitnes of breathing, which is no quinsy, the consente of authours do attribute a great effect, to lineseed made in pouder, and tempered w̄ hony, for the

childe to ſwallow down a litle at once. I finde alſo ỹ the milke of a mare newly receiued of the childe with ſuger, is a ſinguler remedy for theſame purpoſe. Which thing moreouer, is exceedinge holeſome to make the belly lare without trouble.

Of weekenes of the ſtomacke and vomiting.

MAny times the ſtomacke of the childe is ſo feble that it cannot retain either meate or drinke, in which caſe and for all debility therof, it is very good to waſh the ſtomack with warm water of roſes, wherin a litle Muſke hath bene diſſolued, for that by the odour and natural heat geueth a comfort to all the ſpirituall members. And then it is good to roſte a Quince tender, and with a litle pouder of Cloues and Suger to giue it to the chyld: To eate conſerua Quinces, with a litle cinamom and Cloues, is ſinguler good for the ſame intent. Alſo yee may make a iuyce of Quinces and giue it to the childe to drinke with a litle ſuger.

An ointment for the ſtomacke.

Take gallia muſcata at the Potecaries. rr. grayne

grayn weight, mirre a very litle, make it vp in ointmēt fourm, with oile of mastike and water of roses sufficient, this is a very good ointment for the stomacke.

An other singulelr receite.

Take mastike, Frankinsence, & dry red roses, as much as is sufficient, make them in pouder, and temper them vp with the iuice of mintes, and a sponeful of vineger and vse it.

An other.

Take wheat flower & parche it on a pan, til it begin to bren and war red then stāpe it with vineger, and ad to it the yolkes of two egs harde rosted, Mastike, Gum, and Frankinsence sufficient, make a playster and lay it to the stomacke.

To recouer an appetite lost.

Take a good handful of ranke & lusty rew and sēth it in a pinte of vineger to the .iii. part or les, & make it very strong, wherof if it be a child, ye may take a tost of brown bread, and stamp it with thesame vineger and lay it playsterwise to ẏ stomacke and for a stronger age besides the playster, let him sup morning and euening of thesame vineger. This is also good to recouer a

ſtomacke loſt, by comming to a fier after a lõg iourney, and hath alſo a ſinguler vertue to reſtoze a man that ſowneth.

An experiment often approoued of Raſis for the vomit of children.

Raſis a ſolemne pzacticioner among phiſicions, affirmeth that hee healed a greate multitude of this diſeaſe, onely with the pzactiſe folowing, which hée taketh to bee of great effecte in all like caſes. Firſt hee maketh as it were an electuary of Apotecary ſtuffe, ỹ is to ſay, Lignum aloes, Maſtike, of euery one halfe a dzamme, galles, half a ſcruple, make a lectuary w̃ ſirrup of roſes, & Gallia muſcata & ſuger. Of this hæ gaue ỹ childzen to eate a very litle at once and often. Afterward hæ made a playſter thus. R. Maſtike, aloes, ſloes, galles, Frankinſẽce, and bzent bzead, of ech a like pozcion, make a playſter with oile and ſirrup of roſes to be laid to ỹ childes ſtomack hot.

An other ointmente for the ſtomacke, deſcribed of Wilhel. Placentino.

Take oyle of Maſtike oz of wozmwood two ounces, wax, thzée ounces, cloues, macis, and Cinamom, of eche thzee dzams,

make

make an oyntment addinge in the ende a litle vineger.

The yolke of an egge hard rosted, Mastike, Frankinsence and Gum, made in a plaister with oyle of Quinces, is exceeding goood for thesame purpose.

Of yeaxing or hicket.

IT chaunceth oftentimes that a childe yeareth out of measure: wherefore it is expedient to make the stomack eiger afore it be fed, and not to replenisshe it with to mutch at once, for this disease commonly procedeth of fulnes, for if it come of emptines, or of sharpe humours in the mouth of the stomacke, which is seldome seen: the cure is then very difficil and daungerous.

Remedy.

When it cõmeth of fulnes that a childe yeareth incessantly without measure, and that by a longe custome, it is good to make him vomit with a fether or by some other light meanes, that the matter which causeth the yearing, may issue & vncõber the stomack, ỹ done, bring it a slepe, and vse to anoint the stomacke with oyles of Castor, Spike camomill, and Dill, or two or three

of them, ioyned together warme.

Of colyke and rumbling in the guts.

PEine in the bellye is a common diſeaſe of childzen, it cõmeth either of wozms, oz of taking cold, oz of euil milke, ẏ ſignes thereof are to wel knowen, foz the childe cannot reſt, but crieth and fretteth it ſelf, and many times cannot make their vrine by reaſon of winde that oppzeſſeth ẏ neck of the bladder, and is knowen alſo by the member in a man childe, which in this caſe is alway ſtiffe, and prickinge, mozeouer the noyſe & rumblinge in the guts, hither and thither, declareth the childe to be græued, with winde in the belly, & colike.

Cure.

The nurce muſt auoid al mãner of meats that engender winde, as beanes, Peaſon, butter, hard egs, and ſuch Then waſh the childes belly with hot water, wherin hath bin ſodden cummin, Dill and fenell, after that make a playſter of oyle and wax, and clap it hot vpon a cloth vnto the belly.

An other good playſter for the ſame intente.

Take good ſtale Ale, and freſh Butter, ſæth

ſæth them with an handfull of Cummyn poudred, and after put it altogether into a ſwines bladder, & binde the mouth faſte, that the licour yſſue not out, then winde it in a cloth, and turne it vp and downe vpon the belly as hot as the pacient may ſuffer, this is good for the Colike after a ſodayne colde, in all ages, but in childzen yee muſt beware ye apply it not to hot.

Of flux of the belly.

MAny times it happeneth, either by taking colde, or by reaſon of great payn in bræding of tæth, or els through ſalt and eyger fleume or choler engendred in the body, that the childe falleth in a ſodain lax, which if it longe continue and be not holpen, it may bring the pacient to extreame leaneſſe & conſumpcion: wherfore it ſhalbee good to ſæke ſome holeſome remedy, and to ſtop the running of the flux thus.

Remedy for the flux in a childe.

Firſt make a bath of herbes that do reſtrain, as of plantain, ſaint Jhons weede, called Ipericon, Knotgraſſe, Burſa paſtoris & other ſuch or ſome of them, & vſe to bath him in it, as hotte as yæ may well ſuffer,

them

then wrappe him in with clothes, and lay him downe to slepe.

And if ye see by this twise or thrise vsing that the belly be not stopped: Ye may take an egges yolke harde rosted and grynde it with a litle Saffron, Hirre and wine, make a playster, & apply to the nauill hot. If this succæde not, then it shalbe necessary for to make a pouder to giue him in his meate, with a litle Suger, and in a small quantity thus. Take the pouder of hartes horne brent, the pouder of Goats clawes, or of swines clawes brente, the pouder of the sædes of roses which remain in the bery when the rose is fallen, of euery one a a porcion, make them very fine, and with good red wine or almon milke, and wheate flower, make it as it were a paste, and dry it in litle balles till yée see necessity, it is a singuler remedy in all sutch cases.

Item the milke wherin hath bin sodden white paper, and afterward quenched many hot yrons or gads of stæle, is exceedinge good for thesame intent to drinke.

And here is to bee noted, that a naturall Fluxe is neuer to bee feared afore the seuenth

seuenth day, and except there issue bloud, it ought not to bee stopped afore the sayd time.

Pouder of the herbe called knotgrasse, or the iuice therof in a posset dronken, or a playster of the same herb, and of bursa pastoris, Bole armony, and the iuice of Plantaine with a litle Veniger, and Wheat flower is exceding good for thesame cause.

Also the rindle maw of a young sucking Kid giuen to the childe, the weight of ten graynes, with the yolke of an egge soft rosted, and let the paciente abstayne from Wilke by the space of two houres before and after, in stede whereof ye may giue a rosted Quince or a Wardon with a lytle Suger and Sinamom to eate.

Item another goodly receite for the same intent.

Take Hozell sæde, and the kernels of great raysins dryed, Acorne cups, and the sæde of white Poppy, of eche two drams, saffron a good quantity, make them in pouder & temper them with the iuce of Quinces, or sirrup of red Roses, this is a souereigne thing in all fluxes of the wombe.

Many

Many other thinges are written of authors in the said disese, which I here leaue out for brinity: and also because the afore rehersed medicines are sufficient inoughe in a case curable, yet wil I not omit a godly practise in the saide cure.

The pesil of an hart or a stagge dried in pouder and dronken, is of great & wonderfull effect in stopping a flux. Which thing also is approued in the liuer of a beast called in english an Otter. The stones of him dronken in pouder, a litle at once. xxx. daies together, hath healed men for euer of the falling euil.

Of stopping of the belly.

EVen as a flux is daungerous, so is stopping and hardnes of the bellie grieuous and noisom to the child, and is often cause of the chollike and other diseases.

Wherfore in this case ye must alwaie put a litle honie in the childes meate: and let the nurse geue him honie to sucke vpon her fynger, and if this wil not helpe, then the nexte is to mixe a litle fine and cleare turpentine with honie, and so to resolue it in a saucer, and let the child sup of it a litle

This

This medicine is described of Paulus Aegineta, and recited of diuerse other as a thing verye holesome and agreeing to the nature of the childe: for it doeth not onely losen the bellye with out grife or daunger, but dothe also purge the liuer and the longes, with the splene and kiddeneys, generally comforting al the spiritual members of the body.

The gal of an Oxe or a Cowe laide vpon a cloute on the nauill, causeth a childe to be loose bellied, likewise an emplaister of a rosted onion, the gall of an oxe, and butter laide vpon the belly as hot as he maye suffer. If these will not helpe, ye shal take a litle cotten, and dipped in the saide gall, put it in the saide fundament.

Of wormes.

There bee diuers kindes of wormes in the belly, as long, short, round, flat and some small as lyce, they bee all engendred of a crude, grosse, or phlegmaticke matter, and neuer of choler nor of melancholy, for all bitter thinges killeth them, and al swéete meates that engender fleume, nourisheth & fedeth thesame. The signes

differ.

differ according to the wormes. For in the long and round, the pacient commonly hath a drie coughe paine in the belly about the guttes, some time yexing and trembling in the night and start sodainly and fal a slepe againe, other whiles they gnashe and grinde their teeth together, the eies ware holow with an eiger looke, and hane great delite in slombring and silence, very loth when they are awaked. The pulse is incertain, and neuer at one stay, somtime a feuer with great coulde in the ioyntes, which endureth three or foure houres in the night or day, many haue smal desire to meate, and when they desire they eate very gredely, which if they lacke at their appetite, they forsake it a great while after, the hole body consumeth and wareth lene, the face pale or blewe: sometime a flure, sometimes vomite, and in some the belly is swollen as stiffe as a taberet. The long and brode wormes are knowen by these signes, that is to saie, yelownes or whitishenes of the eies, intollerable hunger, great gnawing and griping in the belly, speciallie afore meate, water comming out

out at the mouth, or at the fundament, continuall ytche and rubbing of the nose thriles, sonken eies and a stinking breath, also when the person doeth his easement there appeareth in the donge litle flat substaunces, muche like the seedes of Cucumers or gourdes.

The other lesse sorte are engendred in the great gutte, and may well be knowen by the exceding ytche in the fundament with in, and are oftentimes sene comming out with the excrementes. They be called of Phisicions ascarides.

Remedy for wormes in children.

The herbe that is found growing vpon oysters by the seas syde, is a singuler remedy to destroy wormes, & is called therefore of the Grekes Scolitabotani, that is to say, the herbe that killeth wormes: it must be made in ponder, and geuen with swéete milke to the childe to drinke. The Phisicions call thesame herbe Corallino.

A singuler receit for
to kill wormes.

Take the gall of a bull or ore, newely killed, and stampe in it a handful of cummin,

make

make a plaister of it, and lay it ouer all the belly, remouing the same euery. vi. hours.

Item the gall of a bull with seedes of Colocinthis, called coloquintida of the apothecaries, and an handefull of Baiberies wel made together in a plaister, with a sponefull of strong vineger, is of great effect in the same case.

If the childe be of age or of strong complexion, ye maye make a fewe pilles of Aloes, and the pouder of wormesæde, then winde thē in a piece of a singing lofe, and anointe them ouer with a litle butter and let them be swalowed downe hole without chewing.

Of swelling of the nauill.

IN a childe lately borne, and tender, somtime by cutting of the nauill to nere, or at an inconuenīēt seasō, somtime by swadling or binding amisse, or of muche crying, or coughing, it happeneth otherwhyles, that the nauill ariseth and swelleth with greate paine, apostemacion, the remedy wherof is not muche differente from the cure of vlcers, sauing in this that ye ought to applie thinges of lesse attraction, then

in

in other kynd of vlcers, as for an exãple ye may make an ointment vnder this fourm.

Take Spike or Lauender, half an ounce, make it in pouder, and with thrée ounces of fyne and cleare turpentine, temper it in an oyntment, adding a porcion of oile of swete almons. But if it come of crying, take a litle beane floure, & the ashes of fine linnen cloutes brent, and temper it with red wine and hony, and lay it to the sore.

A plaister for swelling in the nauill.

Take cowes donge, and drie it in pouder, barly floure, and beane floure, of ech a porcion, the iuice of knotgrasse a good quantitie, cummine a litle, make a plaister of al and set it to the nauill.

An other.

Take cowes dong and séeth it in the milk of the same cowe, and lay it on the griefe. This is also marueilous effectual to helpe a sodaine ache or swelling in the legges.

Of the stone in children

THe tender age of childrẽ as I said afore, is vexed and afflicted with many greeuous and perilous diseases among whom there is few or none so violent or more to

be feared in them, then that which is most feared in al kinde of ages that is to say, the stone, an houge and a pitiful disease, euer the more encreasing in dayes, the more rebelling to the cure of phisicke.

Therefore is it exceeding daungerous when it falleth in children, for asmuch as neyther the bodies of thē may be wel purged of the matter antecedent called Humor Peccans, nor yet can abyde any violent medicine hauing power to breake it, by reason wherof the said disease acquyreth such a strength aboue nature, that in processe of time it is vtterly incurable.

Yet in the beginning it is oftentimes healed thus.

First let the nurce be wel dieted, or the chyld, if it be of age, abstaining frō al grose meates, and hard of digestion, as is beefe, baton, salt meates and chese, then make a pouder of the rote of Pione dried, and mingel it with as much hony as shal be sufficient, or if the chyld abhorre hony make it vp with suger, molten a litle vpon the coales, and geue thereof vnto the childe more or lesse, according to the strength, twise a day,

tyll

till ye sée the vrine passe easely, ye may also giue it in a rere eg, for without doubt it is a singuler remedy in childzen.

An ointment for thesame.

¶ Dyle of Scorpions, if it may bee gotten, is exceeding good to anoint withal the mē-bers, & the neither parte of the belly right against the bladder, yee may haue it at the Apotecaries.

A singuler bath for thesame intent.

Take mallows, holihock, Lily rootes, Linsæde, & Parietary of the wall, seeth them all in the vzoth of a shæpes head, & therin vse to bath the childe oftentimes, for it shal open the straitnes of the condites, that the stone may issue, swage the payne, & vzinge out the grauel with the vzine, but in mozе effect when a plaister is made, as shall bee sayde hereafter and layd vpon the raynes & the belly, immediatly after the bathing.

A playster for the stone.

Take Parietary of the wall, one pozcion and stampe it, Doues donge another pozcion, and grinde it, then fry them both in a panne, with a good quantity of fresh butter, and as hotte as may bee suffred, lay

it to the belly and the backe, & from foure houres to foure, let it be renewed.

This is a souerain medicine in al manner ages. Item an other pouder whiche is made thus.

Take the kernels or stones ỹ are found in the fruit, called Openers or Medlars, or of some Medlars.

Make them in fine pouder, which is wonderfull good for to breake the stone wt out daunger, both in yonge and old.

The Chelk wormes dried & made in fine pouder, taken with the broth of a chicken, or a litle suger, helpeth them that can not make their urine.

Of pissing in the bed.

MAny times of debility of vertu retentiue of the reines or bladder as well olde men as children, are oftentimes annoyed, when their urine issueth out either in their slepe or waking against their wil, hauinge no power to retayne it when it commeth, therfore if they wil be holpen, first they must auoide al fat meates til the vertue retentiue be restored againe, and to vse this pouder in their meats & drinks.

Take

Take the wesand of a cocke, and pluck it, then brenne it in pouder, vse of it twise or thrise a day. The stones of an Hedghogge poudred is of the same vertue.

Item the clawes of a Goate, made in pouder dronken, or eaten in pottage.

If the pacient be of age, it is good to make fine plates of lead, with holes in them and let them lie often to the naked backe.

Of brusting.

THe causes of it in a chyld are many, for it may come of very light occasions, as of great crying, and stoppinge the breath, bindinge to straight or by a fall, or of to great rocking, and such like, may cause the filme that spredeth ouer ỹ belly, to breake or to slake, and so the guts fall downe into the cod, which if it be not vtterly vncureable, may be healed after this sorte.

First lay the paciente so vpon his backe that his head may be lower thē his hœles, then take & reduce the bowels with your hand into the due place, afterward ye shall make a plaister to be layd vpon the coddes, and bounde with a lace round aboute the backe, after this fourme.

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Take rosin, frankinsence, mastike, cummine, Linesæde, and Anise sæde, of euery one alike, pouder of Osmunde rotes, that is to saye, of the brode ferne, the fourthe parte of all, make a plaister with sufficient oile oliue, and fresh swines grese, and spred it on a lether, and let it continue (except a great necessitie) two or thræ wekes, after that apply another like, till ye sæ amendement. In this case it is very good to make a pouder of the hears of an hare and and to temper it with suger or conseruaroses & giue it to the chyld twise euery daye. If it be about the age of. viii. yeere ye may make a singuler receite in drinke to bæ taken euery day twise, thus.

A drinke for one that is brusten.

Take Matselon, Daises, Conserie, and Osmundes, of euery one like, sæth them in the water of a smiths forge, to the. iii. part, in a vessel couered, on a soft fier, thē strayn it and geue to drinke of it a good draught at once morning and euening, adding euermore in his meats and drinkes, the pouder of the heare of an hare, bæing dried.

Of falling of the fundament.

Many

MAny times it happeneth that the gut called of the latines Rectum inteſtinū, falleth out at the fundamente and cannot begotten in againe without peine and labour, which diſeaſe is a common thing in children comming oftentimes of a ſodaine colde or a long laxe, and may well be cured by theſe ſubſcribed medicines.

If the gutte hath bene long out, and bée ſo ſwollen that it cannot be repoſed, or by coldnes of the aire be congeled, the beſt counſel is to let the childe ſit on a hot bath, made of the decoction of Mallowes, Holyhocke, Linſéed, and the rootes of Lillies, wherin ye ſhal bath the foundament with a ſofte cloute, or ſpounge, and when the place is ſuppled thruſt it in againe, which done then make a pouder thus.

A pouder for falling of the Fundament.

Take the pouder of an Hartes horne brent, the cups of acorns dried, roſe leaues dried, Goates clawes brent, the rinde of a pomgranate, and of galles, of euery one a portion. Make them in pouder, and ſtrow it on the Fundamente. It ſhall bee the

better, if ye put a litle on the gut, afore it bee repoſed in the place, and after it bee ſetled, to put more of it vpon ỹ fundamẽt, then binde it in with hot linnen clothes, & giue the childe Quinces or a roſted Warden, to eate with Cinamom and Suger.

An other good pouder for theſame.

Take galles, Mirre Frankinſence, Maſtike, and Aloes, of euery one a litle make them in pouder and ſtrow it on the place.

A litle Tar with Goſegreſe, is alſo very good in this caſe.

An other good remedy.

Take the woll from betweene the legs or of the necke of a ſhéepe, which is full of ſweate and fatty, then make a iuice of vnſet lékes, and dip the woll in it, and lay it to the place as hot as may be ſuffred, and when it wareth cold remoue it and apply an other hot, this is a very good remedye for falling of the fundament

If the childe prouoke many times to ſeege, and can expell nothing, that diſeaſe is called of the Greekes Teneſnios, for ỹ which it ſhalbe very good to apply a playſter made of Gardein Creſſis and of cummin

min in like quantity, fry them in butter, and lay it on the belly as hotte as hæ may suffer.

It is also cõmended, to fume the neyther partes with Turpentine and pitch, and to sit long vpon a bourd of Ceder or Juniper as may be possible.

Chafing of the skinne.

IN the flankes, armeholes, and vnder the eares, it chaũceth oftentimes ỳ the skin fretteth, either by the childes owne vrine, or for ỳ defaut of washing or els by wrapping and keping to hot. Therfore in the beginning, ye shall anoint the places with fresh capõs grease, then if it wil not heale, make an ointment, and lay it on the place.

An ointment for chafing and galling.

Take the rote of Flouredeluice dried, of red roses dried, Galingale, and Mastyke, of eche a like quantity, beate them into most subtile pouder: then with oyle of Roses, or of Linesæde, make a soft ointment.

Item the longes of a weather dryed, and made in very fine pouder, healeth all chafinges of the skin, and in lyke manner the frag-

fragments of shomakers lether brẽt, & cast vpon the place, is as fine pouder as is possible, hath the same effect, which thing is also good for the gallinge or chafking of the fæte, of whatsoeuer cause it commeth.

Item bean flower, barly flower, and the flower of fitches tempred with a litle oile of roses, maketh a souerain oyntment for thesame intent.

If the chafinges bée greate, it is good to make a bath of Holihocke, dill, violets and Linsæde, with a litle bran, then to washe thesame places oftentimes, and lay vpon the sore, some of thesame things. The decoction of plantaine, Bursa pastoris, Horsetayle and knotgrasse, is excæding good to heale all chafings of the skin.

Of small Pockes and Measels.

This disease is cõmon & familier, called of ỹ Greekes by the general name of Exanthemata, & of Plinie papule et pituite eruptiones, notwithstanding the consent of writers, hath obteined a distinctiõ of it in ii. kindes: ỹ is to say, varioli ỹ measils, and Morbili called of vs ỹ smal pocks. They be both of one nature, & procede of one cause, sauing

ſauing ỹ the meaſils are ingendꝛed of the inflamacion of blꝏd, & the ſmall pockes of the inflamaciō of blꝏd mingled wꝭ choler.

The ſignes of them both are ſo manifeſt to ſight, that they nede no farther declaracion, foꝛ at the firſt, ſome haue an itch and a fretting of the ſkinne, as if it had beene rubbed with Nettels, payne in the heade and in the backe, the face red in coloure and ſpecked, feare in the ſlepe, great thirſt, rednes of the eyes, beatinge in the temples ſhotyng and pꝛicking thꝛough all the body, then anone after when they bꝛeake out, they bee ſeene of diuers faſhions and fourmes, ſometimes as it were a dꝛy ſcab oꝛ a lepꝛy ſpꝛeding ouer all the members, otherwhiles in puſhes pimples & whayls, renning with muche coꝛruption and matter, and with great payne of the face and thꝛote, dꝛines of ỹ toūg, hoꝛſenes of voice, and in ſome quiuerinｇe of the harte with ſowninｇe. The cauſes of theſe euill affections, are rehearſed of authours, to bee chefly. iiii. Firſt of the ſuperfluities which might be coꝛrupt in the wombe of the mother, the childe there being, and receiuing

the

ȳ same into the pores, the which at ȳ time for debility of nature, could not bee expelled, but the childe increasing afterward in strength, be driuen out of the veynes into the vpper skin. Secondarily it may cum of a corrupt generacion, that is to say, when it was engendred in an euill season, the mother being sicke of her natural infirmyty, for such as are begotten that time very seldome escape the disease of Leprye.

The third cause may bee an euill diet of ȳ nurce or of the childe it selfe, when they fæd vpon meats ȳ increase rotten humors as milke & fish both at one meale, likewise excesse of eating and drinking, and surfet.

Fourthly this disease commeth by the way of contagion, when a sicke person infecteth an other, and in that case it hath great affinity with the pestilence.

Remedy.

The best & most sure helpe, in this case, is not to medle w̄ any kinde of medicines but to let nature worke her operaciō notwithstanding if they be to slow in cōming out, it shalbe good for you to giue the chyld to drinke sodden milke & saffron, & so kepe

him

him close and warme, wherby they may ȳ soner issue forth, but in no case to administer any thing ȳ might either represse the sweling of ȳ skin or to cole the heat that is within the members. For if this disease which shuld be expelled by a natural accio of the body, to the longe health after warde of the pacie̅t, wherby force of medicin couched in againe it were euen inough to destroy ȳ child. Therfore abide ȳ ful breking out of the said wheles, & the̅ (if they be not ripe) ease ȳ childes pain by making a bath of Holihock, dill, camomile, & fenel, if they be ripe & matter, then take fenell, wormewood and sage, and sæth the̅ in water, to the thirde part, wherin ye may bath him with a fine cloth or a sponge. Alwaies prouided that he take no colde during the time of his sicknes. The wine wherin figs haue bene sod, is singuler good in thesame case, and may be wel vsed in all times and causes.

If the wheales be outragious and great, with much corosion and venim some make a decoction of roses and Plantaine, in the water of oke, and dissolue in it a litle english hony and Camphore. The decoction of

water

water betany, is approued good in the sayd diseases. Likewise the ointment of herbes whereof I made mencion in the cure of scabes, is exceding holsome after the sores are ripe. Moreouer it is good to droppe in the pacients eyes, fiue or sixe times a daie a litle rose or fenell water, to comfort the sight, lest it be hurt by continual running of matter. This water must be ministred in the sommer colde, and in the winter ye ought to apply it luke warme.

The same rose water is also good to gargle in his mouth, if the childe bee then pained in the throte.

And lest the conduites of the nose should be stopped, it shalbe expedient to lette him smel often to a sponge wet in the iuice of sauery, strong vineger & a litle rosewater.

To take away the spots and scarres of the smal pockes and measils.

The blode of a bull or of an hare is much cõmended of authors to be anointed hote vpõ the scars, and also the licour ỹ issueth out of shepes claws or goats clawes, het in the fier. Item the dripping of a signet or swan laid vpon the places oftentimes hot.

Feuers

Feuers.

IF the feuer vse to take the childe with a great shaking, & afterward hote, wether it be Cotidian or tercian, it shalbee singuler good to giue it in drinke, the black sædes of Piony made in fine pouder, searced and mingled with a litle suger. Also take plaintaine, Fetherfew, and veruein, and bath the childe in it once or twise a day, binding to the pulces of the handes and fete a plaister of the same herbes stamped, & prouoke the childe to sweat afore the fit commeth.

Some geue counsell in a hot feuer, to apply a colde plaister to the breast made in this wise. Take the iuice of Wormewod, Plantain, Mallowes and Housleke, & temper in them as much barly flower, as shall be sufficient, and vse it. Or thus and more better in a weake pacient.

Take drie roses and pouder them, then temper the pouder with the iuice of endiue or Purcelane, rosewater, and barly floure and make a plaister to the stomake.

Item an ointment for his temples, armes and legges, made of oile of roses, and Populeon, of eche like muche.

A good medicine for the ague in children.

Take Plantin with the rwte, and wash it, then seeth it in faire running water to the thirde part, wherof ye shall geue it a draught (if it be of age to drink) with sufficient suger, and lay the sodde herbes as hot as may be suffred, to the pulses of ẏ hands and fete. This must be done a litle afore ẏ fit, and afterward couer it with clothes.

The oile of nettles, wherof I spake in the title of stifnes of limmes, is exceding good to annoint the members in a colde shaking ague.

Of swelling of the coddes.

TO remoue the swelling of the coddes proceding of ventositie, or of anye other cause (except brusting) whether it be with inflammacion or without, here shal be rehersed many good remedies, of whiche ye may vse, according to the quality & quantitie of the grief: alway prouided, ẏ in this disease, ye may in no case apply any repercussiues, that is to say, set no cold herbes to driue the matter back, for it would thē returne againe into the body, and ẏ congelacion of such a sinowie member would peradventure

aduenture mortify the hole. And aboue al, ye may set no plaister to the stones, wherin humlocke entreth, for it wil depriue thē for euer of their growing, & not only them but the brestes of wenches, when they bee anointed therwith, by a certaine qualitie, or rather an euill propertie being in it.

A goodly plaister for swelling of the stones.

Take a quarte of good Ale wort and set it on the fyre to seeth, with the crummes of brown bread strongly leuened, and a handfull of cummin or more in pouder, make a plaister with all this and sufficient beane floure, and applie it to the grief, as hote as may be suffred.

An other.

Take cowes donge, and seeth it in milke then make a plaister and laye it metelye hot vpon the swelling.

An other.

Take Cummin, aniseede, and fenugreke, of eche a like porcion, seeth them in ale and stampe them, then temper them with freshe maie butter, or a litle oile oliue, and apply it to the sore.

An other.

Take Camomile, Yolihocke, Linseede, and

Fenugreke, sæth them in water, and grind altogether, then make a plaister with a handfull of beane floure, and vse it.

An other in the beginning of the griefe.

If there bæ muche inflamacion or heat in the coddes, ye may make an ointment of plaintaine, the white, and yolke of an egge, and a porcion of oile of roses, stirre them wel about, and apply it to the greife twise or thrise a day. When the paine is intollerable, and the childe of age, or of strong complexiõ, if the premisses wil not help, ye shal make a plaister after this sort.

Take Henbane leaues, an handfull and an half, Mallow leaues, an handful, sæthe them wel in cleare water, thẽ stamp them and stirre thẽ, and with a litle of the broth, beane floure, barly floure, oile of roses and camomil sufficient, make it vp & set on the swelling luke warme. Henbane Auicen sayth: is exceding good to resolue the hardnes of the stones by a secret qualitie. Notwithstanding, if it come of wind it shalbe better to vse the sayd plaisters y are made w cumin, for that is of a singuler operaciõ

in

in dissoluing wind, as affirmeth Dioscorides writting of the qualities of cummine.

Of sacer egnis or chingles.

IN Greeke herisipelas, and of the Latines Sacerignis our englishe women cal it the fyre of Saint Anthony, or Chingles, it is an inflammacion of members with exceeding burning and rednes, hard in the fæling & for the most part crepeth about the skinne or but a litle depe within the flesh. It is a greuous paine and may be likned to the fyre in consuming. Wherefore the remedies that are good for burning, are also very holsome herin this case. And first the grene ointment of herbes discribed in the chapter of ytch, is of good effect also in this cure: moreouer the medicines that ar here discribed. Take at the apothecaries of vnguentum Galeni an ounce & an halfe, oile of roses. ii. ounces, vnguenti populeon one ounce, the iuice of plaintaine, & nightshade one ounce or more, the whites of three egges, heat them altogether and ye shall haue a good ointment for the same purpose.

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Another.

Take

Take earth wormes and ſtamp them in vineger, then anoint the greeſe euery two houres. Itē the donge of a ſwan, or in lack of it, the donge of a goſe ſtamped with the white & yolke of an eg is good. Item doues dong ſtamped in ſalt, oile or other, is a ſinguler remedy for theſame purpoſe.

Of burning and ſcalding.

FOr burninge and ſcalding whether it be with fier, water, oile, lead, pich, lime or any ſuch infortune: ye muſt beware ye ſet no repercuſſiue at the firſt, that is to ſay, no medicine of extreme colde, for that might chaunce to driue the feruente heate into the ſinowes, & ſo ſtop the pores, that it could not iſſue, wherof ſhould happē much inconuenience in a great burning (but in ſmall it could not bee ſo dangerous) wherfore the beſt is when ye ſee a member eyther brent or ſcaloed, as is ſayd afore.

Take a good quantity of brine which is made of water & ſalt, not too exceeding eyger or ſtronge, but of a meane ſharpnes, & with a clout or a ſpunge bath the member in it cold, or at the leaſt bloud warm, three or foure houres together, the longer the better:

better: for it shal asswage much of the pein, open the pores, cause also ỹ fier to vapour, and giue a great comfort to the weake mẽber. Then anoint the place with one of these medicines. Take oile of roses one part, swete creme two partes, hony halfe a part, make an ointment and vse it. Item al the medicin discribed in the last chapter, are of great effect in this case, likewise the grẽne ointment made of water betony.

Item a soueraine medicine for burning and scalding, and all vnkind heates, is thus made. Take a dosen or moze of harde rosted egges, and put the yolkes in a potte on the fier by them selfe, without licoure, styre them and bray them with a strong hande, tyl there arise as it were a froth or spume of oile to the mouth of the vessell, then presse the yolkes and reserue the licoure, this is called oile of egges: a verye precious thing in the foresaid cure.

Moreouer there is an ointment made of shepes donge fried in oile or in Swines greace, then put to a litle ware, and vse it. Also take quicke lime and washe it in verius .ix. or .x. times, then mingle it with

oile, and kepe it for the same intent. Item the iuice of the leaues of Lillies. v. partes, and vineger one part, hony a litle maketh an excellent medicine, not only for this entent, but for al other kinde of hot and running vlcers. Note that whatsoeuer ye vse in this case, it must be layed vnto bloode warme. Also for auoiding of a scarre kepe the sore alway moiste with medicine.

Of kybes.

The kybes of the hæles, are called in Latyne perniones they procede of cold, and are healed with the subscribed remedes. A rape root rosted with a litle fresh butter, is good for the same griefe. Item a dosen figges, sodden, and stamped with a litle gosegrease, is good. Earth wormes sodden in oile, hath the same effecte.

Item the skin of a mouse claped al hot vpon the kibe: with the heare autward, and it should not be remoued during three daies.

A plaister for a kibed hele.

Take new butter, oile of roses, hennes grease, of ech an oũce, put the butter and ỹ grece in a bigge rape rote, or in lacke of it in a great apple or onion, and when it is rosted

rosted soft, bray it with the oile, and lay it plaister wise vpon the kibe.

An other.

Take the meat of appels and rapes rosted on the coles, of ech .3. oũces, fresh butter .2. ounces, duckes grease or swannes grece, an ounce stampe them al in a morter of lead if it may be had, or els griude them on a fayze marble and vse it.

Of consumption or leanes.

When a childe consumeth or wareth leane wõut any cause apparant, ther is a bath commẽded of authoures, to wash the childe many times, and is made thus. Take ẏ head & fete of a wether, seth thẽ til ẏ bones fal a sũder, vse to bath ẏ childe in this licour, and after anoint him with this ointment folowing. Take butter without salt, oile of roses and of Violets, of ech an ounce, the fat of raw porke, half an ounce, ware a quartern of an oũce make an ointmẽt, wherẅ the child must be rubbed euery day twise, this with good feding shal encrease his strength by the grace of God.

Of goggle eyes.

This impediment is neuer healed but

in a very yong child, euen at the beginning wherunto there is appointed no manner kind of medicine, but only an order of kepping, that is to say, to lay the childe so in his cradell, that he may behold direct against the light, & not to turne his eies on either of both sides. If yet he begin to gogle, then set the cradell after suche a fourme, ỹ the light may be on the cõtrary syde: that is, on the same syde from whence he turneth his eies, so that for desier of light he may direct thẽ to thesame part, and so by custom bring thẽ to the due fashiõ, and in the night, ther ought to be a candel set in likewise to cause him to beholde vppon it, and remoue his eyes from the euil custom. Also grene clothes, yelow, purple, are very good in this case to be set, as is said afore. Furthermore a coife or a biggin standing out besides his eies, to constraine the sight to beholde directe forwarde.

Of Lise.

SOmetime not onely children but also other ages, are anoied with lice they procede of corrupt humour and are engendred with in theskinne, creeping out a lyue

thꝛough the poꝛes, whiche if they begin to ſwarme in exceeding number, that diſeaſe is called of the Grekes Phthiriaſis whereof Herode died, as is wꝛitten in the actes of Apoſtles: and among the Romaines Scilla, which was a great tirant and many other haue bẽn eaten of lice to death, whiche thing, whẽ it hapeneth of the plage of god, it is paſt remedy, but if it pꝛocedeth of a natural cauſe, ye may well cure it by the meanes folowing. Fyꝛſt let the patient abſtaine from all kinde of coꝛrupt meates, oꝛ that bꝛæds flume, & among other, Figs, and Dates muſt in this caſe be vtterly abhoꝛred. Then make a Lauatory to waſhe & ſcoure the body twiſe a day, thus. Take water of the ſea, oꝛ els bꝛine, and ſtrong lye of aſhes, of eche a like poꝛcion, woꝛmewood a handfull, ſeeth them a while, and after waſhe the body with theſame licour.

A goodly medicine for to kyl lyce.

Take the groundes oꝛ dꝛeggꝛs of oile, aloes, woꝛmewood, and the gal of a bul, oꝛ of an oꝛe, make an ointment which is ſinguler good foꝛtheſame purpoſe.

Another.

Take

Take mustarde, and dissolue it in vynegar, with a litle salt Peeter, and annoynte the places, where as the Lice are wont to breede.

Item an herbe at the Apothecaries called Staueſacre, Brimstone, and vineger, is exceeding good.

It is good to giue the pacient often in his drinke, pouder of an Hartes horne brent.

Staueſacre with oyle is a marueylous holesome thing in this case.

An expert medicine to driue away Lyce.

Take the groundes or dregges of Oile, or in lacke of it, freshe Swines greaſe, a ſufficient quantity, wherin ye ſhall chaſe an ounce of quickſiluer till it be al ſonken into the greaſe, then take pouder of ſtaueſacre ſerſed, and mingle altogether, make a girdle of a wolled liſt meet for the midle of the pacient, and all to annoynte it ouer with the ſayd medicine, then let him were it continually next his ſkin, for it is a ſinguler remedy to chaſe away the vermine. The only odour of quickſiluer killeth lice.

These

These shalbe sufficient to declare at this time in this litle Treatise of the cure of childrē, which if I may know to be thankfully receyued, I will by Gods grace supply more hereafter: neyther desire I any longer to liue, then I will employe my studyes to the honour of God, and profite of the weale publyke.

*Thus endeth the Booke of Chil*dren, composed by Thomas Phayer, studious in Philophie and Phisicke.

The contentes of the Regiment of Life.

Of diſeaſes and remedies of the head.
Payne commyng of choler.
Payne cauſed of flueme.
Payne cauſed of Melancholy.
Regiment for all headache.
Remedy for headache, of all cauſes.
Of diſeaſes in the face.
To pallify a face vncureable.
For rednes of the face.
For cankers, vlcers, and Noli me tangere.
For wormes in the face.
A purgacion for theſame.
Diet for theſame ſickneſs.
For the eyes, and to quycken the ſight.
For payne in the eyes.
For bloudſhotten eyes,
For ſwelling of the eyes.
For ſore eyes.
For great paine in the eyes,
For rednes in the eyes.
For hardnes in the eyes.
For all rednes of eyes.
To dry the eyes.
For webbes in the eyes.
Regiment for diſeaſes in the eyes.
For infirmities in the eares.

For

The Table.

For stinking of the nose.
For nosebleedyng.
Remedy for toothache.
To make teeth whyte.
Remedyes for diseases in the brest.
For a hoarse voyce.
For the cough.
For shortnes of winde.
For Asthma.
An oyntment for the breath.
Regyment for thesame.
Remedyes for Phthisike.
For the Pleuresy.
For diseases in the ribbes.
Weakenesse of the hart, and the cure.
Sowning.
For dyseases of the stomake.
For weakenes therof.
For abhorring of meate.
For belchyng.
For wyndines therof.
For the hicket.
Regyment for the hycket.
For vomityng.
To comforte the stomacke.
Payne in the stomacke.
Remedyes for diseases of the lyuer.
A singuler purgacion for choler.
Other medycines laxatiue.
For heate in the lyuer.
For stoppyng of the lyuer.

Remedy

Remedy for diseases of the gall.
For Jaundis.
For diseases in the splene. fa. 8.
A goodly purgacyon for melancholy.
For the black Jaundys.
For all oppilacions.
Diseases of the bowels.
For collike and Iliaca passio.
For the windy colyke.
A suppository.
A purgacyon for colyke of fleume.
A glyster for all cholyke.
Payne of the raynes, and remedy.
Dyet for cholyke and payne of the reynes.
Fluxes of the belly.
Remedy for the flux Lienteria.
For the flux Diarthea and other.
Lectuaryes for the flux.
For flux of all causes.
Diseases of the Matrice.
To staunche the flux of women.
For strangling of the Matryce.
For all paynes of the mother.
Of the stone in the raynes and bladder, with the perfect cure and dyet for the same.
Of the goute, with the causes and remedyes.

FINIS.

The contentes of the Treatise of the pestilence.

In the first parte.

A Preface of the authour.
What is signified by this woorde Pestilence.
The first roote or cause superiour of the pestilence.
The second roote superior.
The third roote inferior.
The fourth roote or cause inferiour.
Of election of the aire.
Of eating and drinking.
Of sleping and waking.
Of exercise.
Of emptines and fulnes.
Of accidents of the minde.
Of medicines preseruatiues.
A drinke for the pestilence.
A good preseruatiue for the common people
A Pouder for the same.
An other singuler remedy for riche men.
An other souerayn and goodly receite both preseruatiue and curatiue.
Of sweet waters.
Perfumes

BRITAIN NICUM

The Table.

Perfumes against the peſtilence
Pomaunders for peſtilence.

In the ſecond part.

How to know a perſon infected.
Of the cure of peſtilence by the way of dyet.
Of the cure of peſtilence by the way of medicines.
A receit againſt the peſtilence.
Manardus medicine.
A lectuary of great vertue.
An other medicine liquide.
Of letting bloud, ventoſes and purgacions.
Of application of outward medicines.
A playſter to ripe a botch comminge of the peſtilence
An other for the ſame.
The vſe of ſurgeri for him that hath no boch
Of the cure of Carbuncles and Anthrax.
A good defenſiue.
A declaration of the vtilitie of veynes commonly to bee let bloud in the body of man.

ELMIS.
MVSEVM
BRITAN
NICVM